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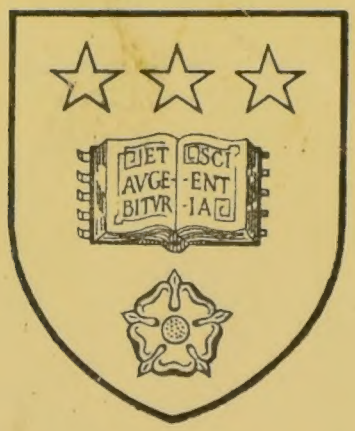

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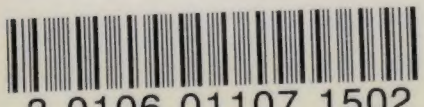
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A

Arcana Fairfaxiana;

or,

Ye Apothecarie, His Booke.

NEWCASTLE-ON-TYNE:
PRINTED BY MAWSON, SWAN, & MORGAN,
GREY STREET.

Arcana Fairfaxiana

Manuscripta.

A manuscript volume of Apothecaries' Lore and Housewifery nearly three centuries old, used, and partly written by the Fairfax Family.

Reproduced in fac=simile of the handwritings.

An Introduction by

George Weddell.

Newcastle=on=Tyne:

Mawson, Swan, & Morgan.

MDCCCXC.

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Acknowledgments.

To Markham's "Life of Lord Fairfax," and to the "Fairfax Correspondence," I am indebted for most of my information regarding that eminent family. My thanks are due to gentlemen of the British Museum, who, beyond the courtesy always to be met with in that National Institution, freely gave me during my searches the benefit of their own reading and experience.

To the Reader.

References are made in the Introduction to the paging at the *foot* of the Manuscript, not to the original numbers at the head, which are irregular. From this irregular paging it will be gathered that there were numerous blank pages between various sections of the book, which of course have not been inserted in the reproduction. Should any reader find much difficulty in deciphering a particular portion which may be interesting to him, I shall be pleased to send a transcription; and should there be a sufficiently expressed desire for a type edition of the book, nothing need stand in the way. There will, however, be no reprint of the fac-simile.

G. W.

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The Story of the Book.

THOSE who are interested in this book will probably desire to learn something of its history, and of the people who have at various times possessed it. The most interesting way to give this information will perhaps be to describe how I found the book, and to follow the various steps by which I traced its origin, as far as that is known.

About seven years ago, during the re-arrangement for business purposes of some rooms at 135, Pilgrim Street, Newcastle on-Tyne, which for a hundred years have been occupied by the firm of Gilpin & Co., Chemists, in which I am associated, I observed in a box of lumber a leather-bound volume, which on examination I found to be in manuscript. Having rescued it from destruction, I carefully examined all other consignments for the dustbin, and found several books of a certain interest, but none of the same value and charm as the first, which is herein reproduced in fac-simile.

From time to time I examined the book, contenting myself at first with such portions as were most plainly written, until the interest which I found in the quaint language and curious remedies led me to study it more minutely and to search for internal evidence of its age and writers.

This was of a very fragmentary nature. The reference on page 30 to "An electuary y^{t} Quene Mary was wont to take for ye passion of ye hart," only hinted that this portion of the book was written after her time—an indefinite period. "Quene Elizabeth" also, when page 63 was written, might have been either in the present or the past. The book of "Rodolphus Goclerius, professor of Phisicke in Wittenburghe," which was published in 1608 and mentioned on page 61, might have been many years old before the gruesome recipe was copied.

Coming to a succeeding portion of the book, however, there appeared to be a lively sympathy between the writer and the names mentioned. "My Lady Fairfax, of Steeton, Feb. 25th, 1632," (page 135), seemed a person of present interest, and the other names of Cholmeley, Sheffield, Selby, Widdrington, and others were too thickly strewn to be those of a past generation. Selecting the historic family of Fairfax for my first line of research, and the "Life of Lord Fairfax,"

by Mr. Clements Markham, as my first book, I learned that the parliamentary general of that name in the time of Charles I. was intimately related to most of the persons mentioned in that part of the manuscript. Ell. Fairfax, Lady Selby, Lady Widdrington, and Mrs. Dorothy Hutton were his sisters, Lady Constable was his aunt, and Lady Bellasis his great-aunt. Sir Ferd. Fairfax was his father, Sheffield was his mother's maiden name, and others mentioned in the book were his cousins or kinsfolk.

This suggested to me that the Fairfax family might have been the original owners of the book, but the initials M. C. stamped in gold on the binding dispelled for a time this idea. In the handwriting of that portion there appears on page 132 a note, "See my brother Hen. Cholmeley's book." Was it a Cholmeley, then, who had entered the recipes, and signed them so frequently with the initials H. C.? From what I could learn of that family there were about the middle of the 17th century two brothers, Sir Hugh and Sir Henry, and from the note just mentioned it seemed possible that the former had written it. On tracing his handwriting in the British Museum, however, I found it entirely unlike my manuscript. By investigating the relationship between the Fairfaxes and the Cholmeleys, I found that the Hon. and Rev. Henry Fairfax, uncle to the great

parliamentary general, had married Mary, daughter of Sir Henry Cholmeley, of Whitby. This Sir Henry Cholmeley was the grandfather of the Hugh and Henry mentioned above and the father of another Henry and numerous children besides Mary. It appeared quite possible, therefore, that the initals M. C. on the cover referred to Mary, and that she had brought the book to her husband's house on her marriage. It seemed also possible that she herself was the writer of that portion where "My brother Hen. Cholmeley" was mentioned. In the Bodleian Library, however, I found several female handwritings of the period, and of the family, so unlike it, that I renounced the latter idea. It had also occurred to me that her husband might naturally call Henry Cholmeley by the affectionate title of brother. I then sought for the writing of Henry Fairfax, and on a subsequent visit to the British Museum, discovered a specimen of it in the exact hand of my book. As if with the object of assisting me, the piece consisted of "A note of suche nephewes and neeces as are or were allyed to us H. and M. F. when Feb. 10th 1635" (add MSS. 11,335, fol. 48). This list of nephews and nieces, to the modest number of 137, included many of the names mentioned in my book, which I had not previously been able to link with the Fairfaxes. Besides other specimens of Henry's writing, I also found

several letters in Mary's own hand, two of which have been published in the "Fairfax Correspondence" (vol. 1, fol. 62, 64). Her writing I recognised as one which occurs in several parts of this book, so I had thus the pleasure of verifying two at least of the actual writers. Other members of the family had also added small portions,—Sir Ferdinando Fairfax, Sir Henry Cholmeley already referred to, and Henry Fairfax's son Brian. The writing of the latter is not so certain as the others, being a current hand of the period, written somewhat carelessly; and although much of Brian's work in the British Museum clearly resembles that which I ascribe to him in the "Arcana," yet, on occasion, he wrote a large, flowing "magnificent" hand, probably assumed for the purpose of diplomatic effect.

It now occurred to me to enquire how Mary Cholmeley's initials came to be stamped upon the cover of the book. That such a volume, essentially belonging to the head of a household, should have been made expressly for an unmarried lady, seemed highly unlikely; and had it been presented to her on her marriage in 1626, it would have borne the initials M. F. instead of M. C. Another possibility remained, namely, that her mother's name also might have been Mary, and that the book had been hers. A subsequent search revealed the fact that her

mother was Margaret, a daughter of Sir William Babthorpe, and the initials M. C. were, therefore, appropriate to her also. Another piece of circumstantial evidence appeared on the last page of the book in the form of "A note of Mistress Barbara; her lessons on ye Virginalle," written in one of the early hands. Now Mary was, I think, the seventh child and fifth daughter of her parents, her eldest sister being named Barbara. Mary was born in 1593, Barbara certainly not later than 1584, as about 1634 she had at least six married children, a circumstance which rarely happens to a lady before the age of fifty. Some time, therefore, about 1600, this Barbara was a young lady of the period, probably learning to play on the virginal the music of the eminent composer William Bird, Organist to Queen Elizabeth, and of the more recent Dr. Bull, who was then at the height of his fame. The latter took his degree of Mus. Doc. in 1592, and I think that, while the "Note of Mistress Barbara" could not possibly have been writen earlier than that time, it was probably written before 1610. If this were the same Barbara,—which the small initials B. C. on that page almost prove, it must have been much nearer the earlier date.

Whether the book actually belonged to Mary Cholmeley or to her mother is not absolutely certain; but

I think it undoubtedly belonged to one of them. I suggest, however, from the evidence shown, that it was made for the use of the latter, Margaret Cholmeley, wife of Sir Henry Cholmeley, and that the writings numbered I. to IV. in the succeeding notes were executed during the "Cholmeley period," that is at various reasonable dates previous to 1626. In that year Mary, daughter of Sir Henry and Margaret Cholmeley, was married to the Hon. and Rev. Henry Fairfax, son of the first Lord Fairfax of Denton, and she appears to have carried this book with her to her new home.

Being a clergyman, her husband evidently prized the volume very highly, as he would be frequently called upon to minister to the sick. After their marriage he made large additions to it in his own characteristic handwriting, and Mary also entered in it her private collection of receipts for baking meats, bleaching yarn, and other homely arts. A clue to the date of Henry's earlier writings is found on page 74, where reference is made to Ell. Fairfax. This niece of his became Lady Selby shortly after 1630, and there is the strongest probability that this portion was written previous to her marriage. There is also on page 135 a recipe dated Feb. 25, 1632, which he may have obtained from Lady Fairfax at Steeton, on his return journey from London, whither he had gone a few weeks previously. Henry was

assiduous in his search for medical knowledge, and doubtless, while the first heat of his enthusiasm lasted, made himself a bore to all his relations. His brother-in-law, Henry Cholmeley, was the possessor of a similar book, and from this he seems largely to have borrowed, always, however, acknowledging the source of his receipt by adding the initials H. C. His brother, Sir Ferdinando Fairfax, had married a daughter of Lord Sheffield, and he ransacked Lady Sheffield's book, which at that time was in the hands of Sir Ferdinando's married daughter, Mrs. Dorothy Hutton. His numerous cousins were importuned for contributions, and his almost countless nieces were in turn called upon to swell the volume. Occasionally someone contributed a receipt in his own hand, as Henry Cholmeley (page 56), Sir Ferdinando Fairfax (page 146), and others unknown. How long this process of collection continued on the part of the Rev. Henry Fairfax is not easy to determine, but there is some probability that his son Brian wrote some pages (151-3) in it about the time of the great plague in London.

The Book seems to have passed at Henry's death into the possession of his elder son Henry, fourth Lord Fairfax of Denton, whose daughter Ann, following the example of her grandmother, Mary Cholmeley, probably carried it to her new home when she married Ralph Carr, Esq., of Cocken,

in the County of Durham. Her son Ralph, who was born in 1694, and married to Margaret Paxton in 1721, does not seem to have valued the book so highly as did the Fairfaxes, because either he or his son Ralph presented it as a gift (pages 1 and 206) to his neighbour Robert Green of Cocken, whom as yet I have been unable to trace. The Carrs were connected by marriage with the Hodgsons of Hebborne, and the Davisons of North Biddick, they in turn, as well as the Hedworths, being related to the families of Bellasis and Penniman of previous generations, who were kinsfolk of the Fairfaxes, and all of whom are mentioned in the "Arcana." These neighbours round about Cocken, although historically less prominent than the Fairfax group of the previous century, are highly interesting to the North Country from their intimate relationship to its notable families, the Delavals of Seaton, the Lambtons of Lambton, the Liddells of Ravensworth, the Hedworth-Williamsons of Monkwearmouth and Whitburn, the Carr-Ellisons, the Fenwicks, the Forsters, and many more almost equally illustrious.

Robert Green seems to have been a man after Henry Fairfax's own heart, as he levied literary black mail upon his friends for many miles, besides proving and recommending the recipes with hearty zeal. We have no record as to the time when much of this section was written, although in the

index at the end of the book (page 194) we see that Mr. Hedworth (who was M.P. for Durham at the time) sent down from London a recipe for an ague in 1728. Almost the last entry in the book gives a clue to the date when it was written. On page 190 we find some specifics copied from "Mr. Blackrie's treatise, *just published.*" This Mr. Blackrie was an Apothecary, who, in 1763, contributed a paper to the "Scots Magazine," in which he exposed the secret of Dr. Chittick's cure for gravel. In 1766 he expanded his letter into a volume, and he died in 1772. It is probable, therefore, that page 190 and the following, which are the latest additions to the volume, were written between 1766 and 1770.

The Fairfax Family.

One account gives the Fairfaxes a Northumbrian origin, with a seat at Towcester in that county at or before the Conquest. The name is Saxon, and signifies "fair hair." They were certainly settled in Yorkshire about the beginning of the 13th century. Since that time they have been a very notable Yorkshire family, and have on several occasions exerted a powerful influence in forming the history of England. Sir Guy Fairfax, a Judge of the Court of King's

Bench in 1478, built a castle at Steeton, which became the principal residence of the family. Sir William Fairfax of Steeton, heir to Sir Guy, became a Judge of the Common Pleas; and *his* heir Sir William, was High Sheriff of York in the reign of Henry VIII., and by marriage obtained the manor of Denton.

This latter Sir William having ample means, divided his property between his two eldest sons, Sir Thomas and Gabriel, thus dividing the family into two branches, the Fairfaxes of Denton, and the Fairfaxes of Steeton. The former has occupied the greater place in history, but the latter only is still in Yorkshire, at Bilbrough, where there has been a seat of the family for three-and-a-half centuries.

Sir Thomas Fairfax, of Denton, had a younger son Edward, a poet, and the translator of Tasso. Both Sir Thomas and his heir of the same name were eminent diplomatists in the time of Queen Elizabeth, the younger having been five times sent into Scotland to treat with King James. This second Sir Thomas, who became the first Lord Fairfax, had nine children, of whom four sons were killed in war abroad, and three others, Ferdinando, Charles, and Henry, are worthy of separate note.

Ferdinando (second Lord Fairfax) was one of the prominent leaders of the great Revolution, both in camp

and council. He was a member of the Long Parliament, and was appointed commander of the northern forces. He married Lady Mary Sheffield, and had nine or ten children, several of whom are mentioned in the "Arcana."

Charles was a lawyer, as well as a soldier, and wrote on vellum an interesting genealogical work entitled "Analecta Fairfaxiana" containing an exhaustive history of the family. I have not been fortunate enough to see this book, but a little further on I have drawn up a pedigree of the Denton Fairfaxes for several generations, showing the relationship that existed between a number of the persons mentioned. I also print in full Henry's note of his nephews and nieces, the latter portion referring to the Cholmeley side; and finally there is a list of the names in this book, with their relationship or notability stated opposite to each.

Henry Fairfax, who is the centre of interest as far as the book is concerned, was rector of Ashton, then of Newton Kyme, and afterwards of Bolton Percy, near York. As already stated, he married Mary, daughter of Sir Henry Cholmeley of Whitby, a family scarcely less notable than that of the Fairfaxes. Before their marriage in 1626, they were devotedly attached to each other, but, owing to their portionless condition, their union seemed hopeless. Mary, writing to her "assured loving cousin, Harry Fairfax," fears

that "we may both wish you had not thought me worthy of the title of dear love," but "so dear you are in my esteem, as I assure you you have no cause to doubt the continuance of my firm affection;" and she adds, "I will wear your ring until you take it from me." They were married, however, in 1626, and in 1632 we find her writing to London, whither her husband had gone on a journey:

"My ever dearest love,

I received a letter and horse from long on Thrusday (Jan. 31), and will use meine (endeavour) to send Procter's horse to Denton. I did nott so much rejoys att thy safe passage as at that Bleised and al suficiente gide whoss thou art, and whom I know thou truely sarves, y^{t} hath for a small time parted us, and I fearmly hope will give us a joyfull meeting. Dear hart, take eassy jernays and preferr thy owne heilth before all other worldly respects whatsoever. Thy three boys at Ashton are well, thy little Harry is weaned, all that love us pray for thy safe return. I pray y^{u} beg a blessing for us all, for I must needs comitt y^{u} to his gracious protection, y^{t} will never fail us nor forsake us.

"Thine ever,

"MARY FAIRFAX."

"Ashton, Feb. 2nd, 1632."

The "Little Harry" mentioned in this touching letter was their third child, but the two elder died when young, and he became fourth Lord Fairfax on the death of his cousin Thomas, third Lord and Parliamentary General, who had only one child, Mary, married to the Duke of Buckingham.

The married life of Henry and Mary Fairfax seems to have been peculiarly sympathetic. Henry's gentle disposition, no less than his sacred calling, prevented him from taking any part in the political troubles of the time, which divided almost every great family in England. To quote from an entry in the Fairfax MSS., "All the time of the civil wars, from 1642 to 1646, their little parsonage was a refuge and a sanctuary to all their friends and relations on both sides." Mary, who was delicate, and it appears somewhat lame, died in 1649, and was buried in Bolton Percy Church. Henry died in 1665, and was buried in the same place, "near to his dear wife."

During the Civil War the Fairfaxes were perhaps the most powerful family on the side of the Parliament. Henry's brothers Ferdinando (then second Lord Fairfax) and Charles held important commands, the former being the General of the Parliament in the first Yorkshire campaign and commanding the right wing of the allied army at the battle of Marston Moor. Sir Thomas, eldest son of Ferdinando, and the most celebrated of all the Fairfaxes, was appointed Commander-in-

Chief of the army by votes of the two Houses of Parliament, and it was due mainly to his resolute and skilful marshalling that the Parliamentary forces were ultimately triumphant. It is he whom Milton addresses in his sonnet, "To the Lord General Fairfax," beginning—

> "Fairfax, whose name in arms through Europe rings,
> Filling each mouth with envy or with praise."

Notwithstanding the prominent part he played in the Revolution, he was a man of moderate views, and only fought against the king through a stern sense of duty to his country. He resolutely opposed the extreme party when they proposed to execute the unhappy monarch, and by every means in his power, short of violence, sought to prevent or delay the last act. He was afterwards largely instrumental in the restoration of the monarchy, whose atrocities and excesses, however, he lived to mourn and abhor.

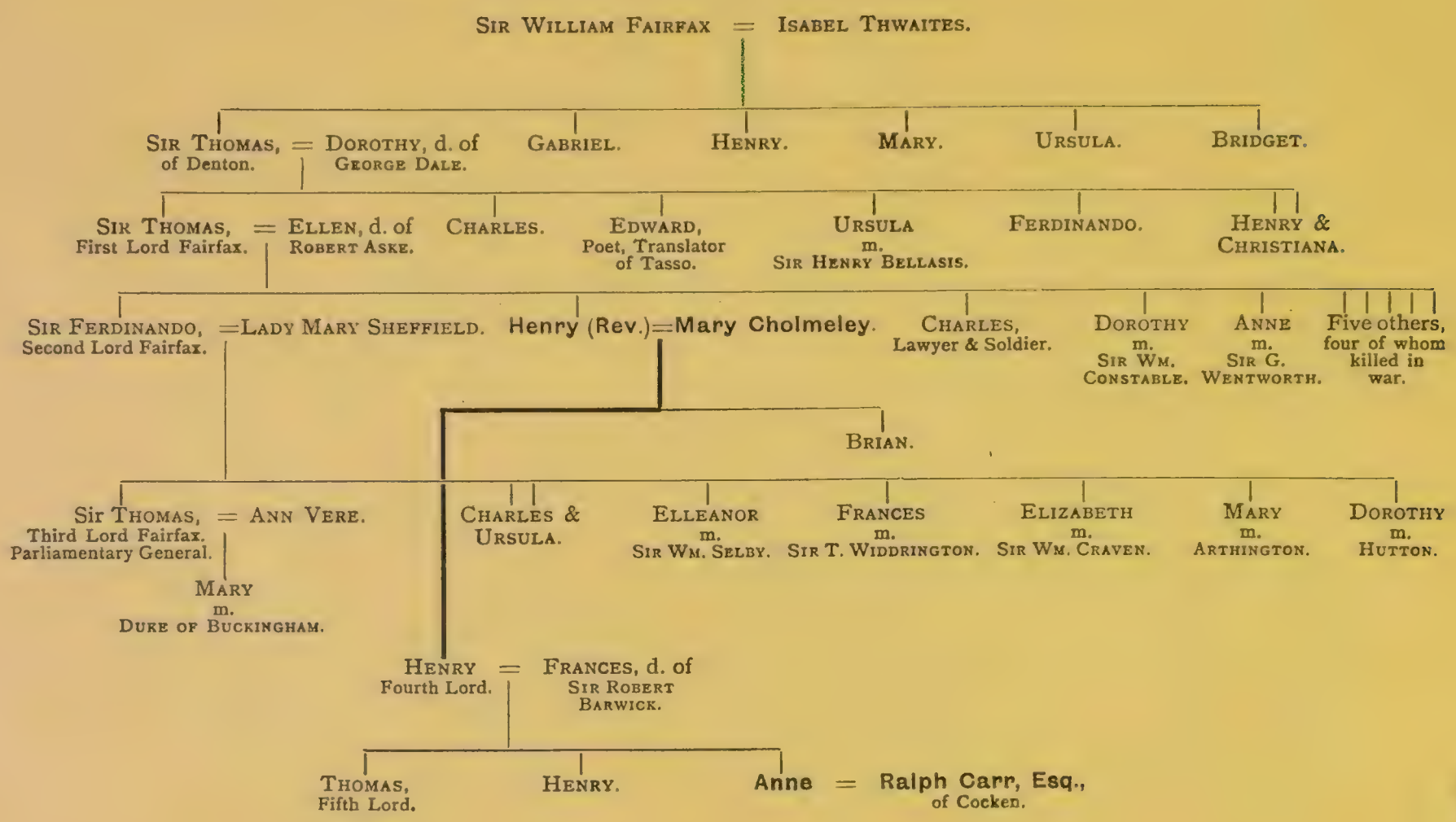
His two cousins, Henry and Brian, sons of the Rev. Henry Fairfax, were frequently guests in his house at Nunappleton during his latter years, and the former succeeded him as the fourth Lord Fairfax. Brian played rather an important part in the Restoration, and recounts in a little book entitled "Iter Boreale," his adventures during a perilous journey in mid-winter from York to Kelso, to consult with General Monk. He was a poet of considerable merit, and

might have further distinguished himself in the literary art had he been sufficiently serious to apply himself assiduously to any one pursuit. He wrote a memoir of the Duke of Buckingham, and translated the life of Philip Mornay, Seigneur du Plessis. He was equerry to Charles II. from 1670 until that king's death, and afterwards to William III. He acted as secretary to his old friend Archbishop Tillotson for three years, and died in 1711.

Henry, the fourth Lord, left, with other children, two sons—Thomas, who succeeded as fifth Lord, and Henry whose son William settled in Virginia, and is the ancestor of the American Fairfaxes. William's son Brian, the friend of Washington, afterwards succeeded as eighth Lord, and his descendants all live in America (Markham's "Life of Fairfax.") The eleventh Lord resides in Maryland, U.S.A., and has graduated as a Doctor of Medicine.

The Fairfaxes, of Steeton, the second great branch of the family, has had its warriors on sea and land. Sir William, cousin to the great general, died gallantly at Montgomery Castle while leading his troops to victory. His son William, who married the niece of Sir Philip Stapleton, had a son, Robert, who commanded a ship at the taking of Gibraltar, and became a vice-admiral in 1707. His descendants now reside at Bilbrough, which has been a seat of the Fairfaxes since the time of Henry VIII.

Genealogical Table of the Fairfaxes.



Nephews and Nieces of H. and M. F.

"A NOTE OF SUCH NEPHEWES AND NEECES AS ARE OR WERE ALLYED TO US, H. & M.F."

FEB. 10, 1635.

(BRIT. MUS., ADD. MSS. 11,325, FOL. 48).

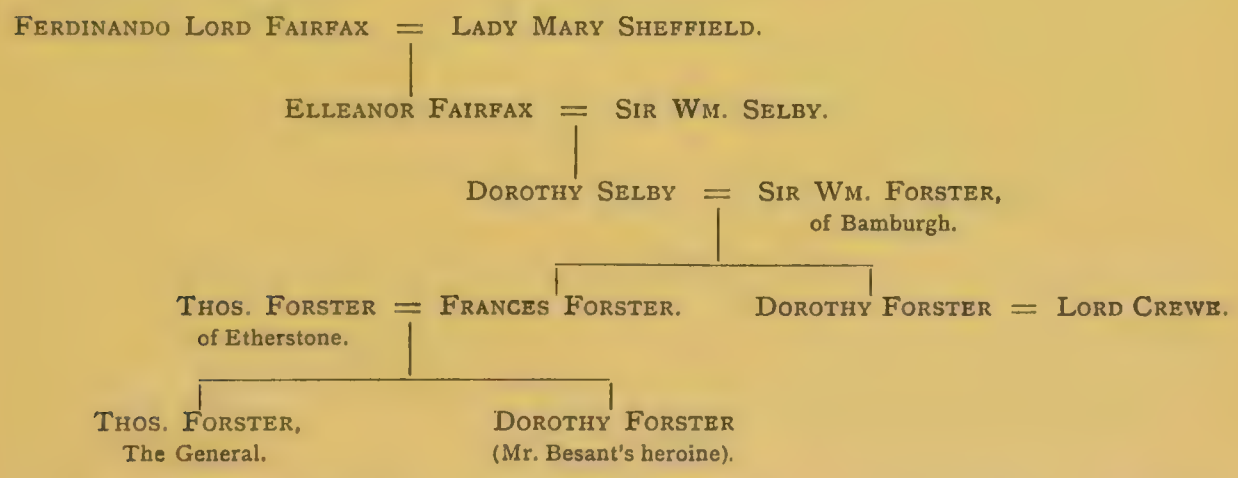
Sir Fer. Fairfax, his 9 children	9
Mr. Charles Fairfax	7
Mr. Thos. Widdrington	1
Mr. Richard Hutton	1
Sir Geo. Wentworth's	1
	19

Sir Hugh Cholmeley and his Ladyes had	9
Barbary, ye La. Bellasis had	11
Dorothy Bushell	14
Hilda Wright	5
Margaret Comin	16
Susa Theakeston	7
Annabella Wickham	4
	66

	66
Sir Hugh Cholmeley (Sup.) his Lady and 5 children	6
Mr. He. Bellasis, his Lady and 7 children	8
Sir Ed. Osborne and 2 children	3
John, Lord Darcy and 1 child	2
Sir Hen. Hugesby and 1 child	2
Brown Bushell's wife and 2 children	3
He. Bushell's wife and 1 child	2
Mr. Conyers and 7 children	8
Mr. Dobson and 3 children	4
Mr. Newton and 5 children	6
Sir Wm. Strickland and 3 children	4
Mr. Trotter and 2 children	3
My La. Twisleton, by Sir Hen. Cholmeley	1
	118

Fairfax and Forster.

It may interest north country people to note the relationship between these two families. Elleanor Fairfax, daughter of Lord Ferdinando Fairfax was married to Sir William Selby of Twizell, and was the Lady Selby mentioned in the "Arcana." Her daughter Dorothy was married to Sir William Forster of Bamburgh, whose daughter Dorothy was married to Lord Crewe, and was the aunt of the younger "Dorothy Forster" of Mr. Besant's romance.



Sir William Forster had a son Ferdinando, named after Lord Fairfax, who was killed in Newcastle by a member of one of the neighbouring families.

Seventeenth Century Names.

Page.		Relationship to Henry and Mary Fairfax or otherwise notable.
152	Abbot, Dr., Archbishop of Canterbury	
136	Asheto*n*, Old Mrs. M. . .	
144	Attwell, Mrs.	
67	Ayres, Mrs.	
206	Barbara, Mistress (B.C.) . .	probably B. Cholmeley, m. Sir Thomas Bellasis: if so, a sister.
99	Bastwick, Dr.	A Political Anti-Romanist.
149	Bellasis, ye La. Hen. . .	Aunt.
145	Bowes, ye Lady	? Wife of Sir Francis Bowes of Thornton Hall.
134	Burges, Dr.	
144	Bush, D. (Dor. Bushell) . .	Sister to Mary F.
142	Bushell, Mrs.	Sister to Mary F.
64	Butler, Dr.	
147	Carington, Mr. J. . . .	
152	Chambers, Dr., "Phesition" .	
56-132, 137	Cholmeley, Henry . . .	Brother.
69	Cholmeley, ye Lady Rich. . .	Cousin.
147	Cholmeley, ye Lady Eliz. .	Sister-in-Law.
150	Constable, ye Lady . . .	Sister.
140	Dodsworth, Mr.	Historian and Antiquary. Generously supported in his work by Lord Fairfax.
1	**Fairfax, Henry . . .**	**(The Hon. and Rev.) owner of and writer in this book.)**
74	Fairfax, Mrs. Ell. . . .	Niece (afterwards Lady Selby).
135	Fairfax, My Lady, of Steeton .	Cousin (Feb. 25, 1632).

Page.		Relationship to Henry and Mary Fairfax or otherwise notable.
146	Fairfax, Sir Fer.	Brother.
62	Fioravanti, Leonardo	An Italian Count, Physician and Author.
64	Fleetwood, ye Lady	Related by Marriage.
134	Gee, Mr.	
61	"Goclerius, Rodolphus"	"Professor of Phisicke at Wittenberghe."
153	Gower, Sir T.	
150	Harcourt, Vere	
69	Harrison, Mrs., of York	
150	Hickornsgill, Mrs.	
67	Hunt, Mrs., of Oldham	
143	Hutton, Mrs. Dor.	Niece.
68	Hunton, Dr.	
1	Lister, Ursula	A Daughter of Sir W. Fairfax of Steeton m. Lister.
136	Lister, ye Lady	Related by Marriage.
141	Lucatelly, Math.	
145	Matthews, Mrs.	
60	Margaret	probably Daughter of Sir Ed. Osborne: if so, a neice.
153	Miars, Dr.	
153	Mullen, Dr.	Surgeon to Chas. II. and Jas. II.
145	North, ye Lady	(Northumberland ?)
146	Oglethorpe, Mrs.	
62	Phioravanti, Leonardo (Fioravanti)	
64	Penniman, Mrs.	Related by Marriage.
134	Ruthin, Mr.	
68	Selby, A.	Related by Marriage.
134	Selbye, ye Lady	Niece.
143	Sheffield, ye Lady	Brother Ferd.'s Mother-in-Law.
99	Slingesby, ye Lady	Niece.
132	Stephens, Dr.	
142	Theakeston, Mrs.	Sister.
146	Vauasour, Lady Ursula	Niece.
136	Watson, Mrs. Mary	
149	Widdrington, ye Lady	Niece.

Eighteenth Century Names.

Page.		
187	Anderson's Pills . . .	
190	Blackrie, Mr. . . .	An Apothecary, see introduction.
160	Carr, Lady	
1 & 206	**Carr, Ralph, of Cocken** .	m. M. Paxton, 1721; **father m. Anne Fairfax.**
190	Chittick, Dr.	See introduction.
179	Davison, Major . . .	m. in 1717, Fortune, daughter of R. Carr of North Biddick.
122	Davison, Master . . .	
190	Dunbar, General . . .	
178	Dunn, Richd.	
180	Granby, Marquiss of . .	
155	Green, Eliz.	
1-164, 206	**Green, Robt., of Cocken** .	owner of and writer in this book.
189	Hall, Mrs.	
194	Hedworth, Mr. (after 1729) .	M.P. for Durham, 1727, &c. (?)
189	Hodgson, Lady	? of Hebborne, *née* Frances Carr.
170	Hodgson, Mrs. . . .	
178	Hopper, Betty	
187	Husley, Mrs. . . .	
170	Johnson, Mrs.	? of Kebblesworth, related to Carrs.
168	Lyddle, Mrs. (Liddell) . .	? Wife of Thomas Liddell, daughter of Sir William Bowes.
168-9	Mead, Dr. (1673-1754) . .	Physician to Queen Anne.
185	Paxton, Joseph . . .	Ralph Carr m. Margaret Paxton.
121	Roper, Jos	
162	Robinson, Miles . . .	
154	Watson, C.	

The Handwritings.

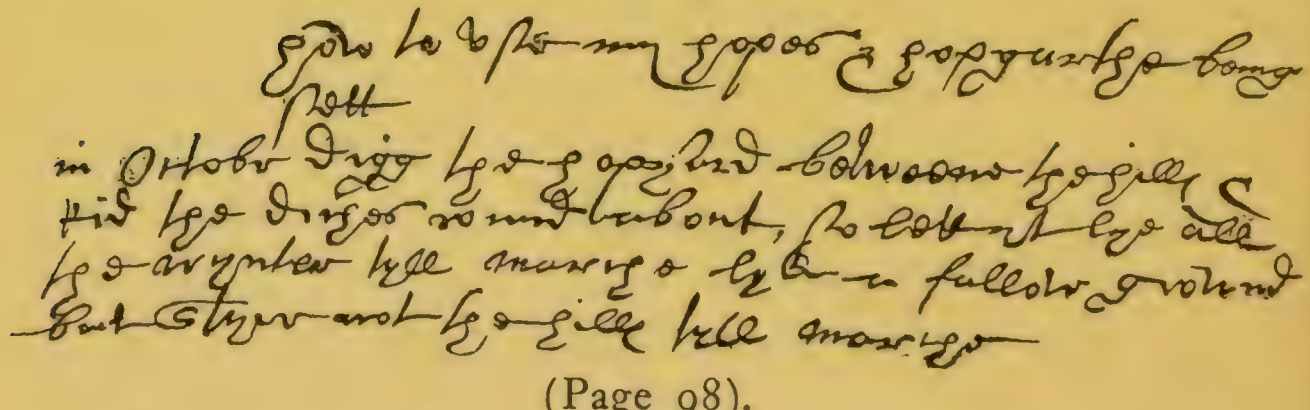
In giving specimens of some of the handwritings, I have not arranged them according to their position in the volume, because the large gaps left between the sections by the original writers, allowed later comers to interject stray receipts, and even small collections. They are arranged according to the periods when they were written. First, there is the "Cholmeley" period, including all writings previous to the marriage of Mary Cholmeley to Henry Fairfax in 1626; second, the "Fairfax period from 1626 to 1660 or 1670; third, the "Green" period, relating only to the 18th century writings, its utmost limit being from 1730 to 1770.

Having already brought the earlier writings to a period after 1600, I shall not be misunderstood when I give comparative examples of similar hands dated prior to this. The exact dating of a manuscript from the handwriting alone is very difficult. The "Court" hand of one age might linger on in the country districts, and be taught by old people (who were generally the schoolmasters and schooldames) fifty years after the time when they themselves had learned to write. Or the "Law" hand might show a conservative

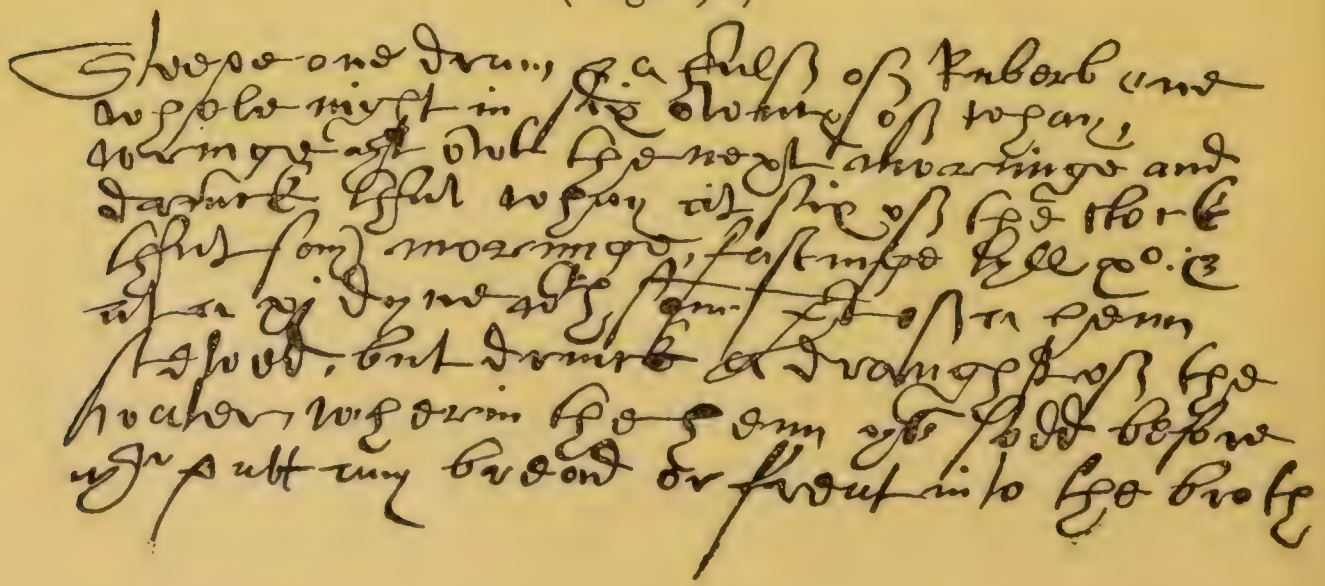
tendency, and retain an ancient character long after the literary or other classes had adopted a more convenient style. Hence, without knowing the location, profession, or standing of the writer, the handwriting only brings us to within fifty years or so of the date when it was written. I shall not, therefore, attempt to fix a date to any of the earlier hands, but give examples of their occurrence elsewhere, so that those readers desirous of doing so may have the pleasure of comparison and criticism.

I.—The "Shakespearian" Hand.

(Page 3).



(Page 98).



id est (Page 3).

"How to use my hopes [hops] and hop-garthe, being sett.
"In october digg the hop-yard betweene the hills and rid the diches
"[ditches] round about, so lett yt lye all the wynter tyll marche
"lyke a fallow ground, but styrr not the hills tyll marche."

(Page 98).

"Steepe one-dram-and-a-half of Ruberb one whole night in six
"ounces of whay, wringe yt out the next morninge and drinck
"that whay at six of the clock that same morninge, fastinge
"tyll X° and at a XI dyne wth som p[ar]t of a henn stewed,
"but drinck a draught of the water wherin the henn ys stodd,
"before y^n^ putt any bread or freut into the broth."

I call this the "Shakespearian" hand because it occurs in the Stratford and many other records of the time of Shakespeare and his father. Good examples of it in that earlier form may be found in the "Outlines of the Life of Shakespeare," by the late Mr. Halliwell-Phillips, and in "Shakespearian Facsimiles," by the same author. In the seventh edition of the former work, vol. II., fol. 236, is an excellent specimen showing how John Shakespeare, the poet's father, was replaced as an Alderman of his Guild because he "Dothe not come to the Halles when they be warned, nor hathe not done of longe tyme."

A much later development of the style is seen in the "Percy Folio," from where Bishop Percy largely culled in 1765 his "Reliques of Ancient English Poetry." This manuscript, which is exhibited in the British Museum, is

supposed to have been written about the middle of the 17th century; but the writing is more characteristic of an earlier part of the century, and was probably done by someone past middle life. A specimen of it may be seen fac-similed in "Bishop Percy's Folio Ballads and Romances," published by Trubner and Co., in 1867. Careful comparison of this will show that the letters f, g, h, k, s, t, also st, and th, are generally of a more modern character than those of the examples in this book. A hand almost exactly similar to that on page 3 of the "Arcana" is found in the British Museum, Add. MSS. 30,305, fol. 19. It was written by Thomas Wynter, in 1606, and consists of "A Collection of the Earll of North[umberland] his cause, on his alleged complicity in the Gunpowder Plot."

II.—The "Secretary" Hand.

(Page 117.)

To Cramme Capons.//

Take ffine wheate meale and mingle it with Suger or honey and soe make itt into Rowles, and soe you may make a Capon fatt in six dayes. But the wheate meale must be moulded with Butter or Sewette.///

id est

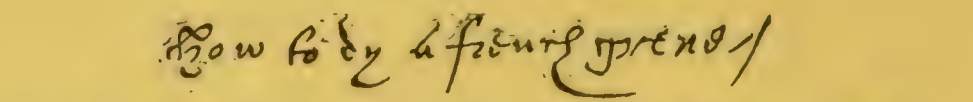
"TO CRAMME CAPONS.

"Take ffine wheate meale and mingle itt wth suger or honney and "soe make itt into Rowles, and soe you may make a capon "fatt in six dayes. But the wheate meale must be moulded "wth Butter or Sewette."

This is the more official style of the time of Elizabeth and onwards. In the Sloan MS. No. 1832 and the Harleian No. 3885 we find writing masters of Elizabeth's time calling it the "Secretarye hannde," Long after this, William Fairfax uses it in writing to his brother Henry at Trinity College, Cambridge. Even so late as 1660 it was taught to schoolboys, and was then known, I think, as "Henry VIII. writing."

III.—The "Glossyng" hand.

(Page 124.)



id est

"HOW TO DY A FRENCH GRENE.

"First make it a good blewe, then wash it up in faire water, "then taike allome accordinge to the p[ro]portion, and boyle "it thre houres alwaies when you use any allome; then taike "it up, then taike faire water and grene grasse and boyle them "an houre togith^r then taike out your grene," &c.

Although this differs so widely in effect from the hands I. and II., there are many examples in the British Museum which seem transitions between I. and III., and between II. and III. Thus the MS. 17 A. vi., which is of the 16th century, has the characteristics of I. and III. combined, being more finely written than the former, but of distinctly earlier hand than the latter. The nearest

approach to the "Glossyng" hand which I have seen occurs in the Add. MS. 30,305, fol. 17, which was written in 1600 by "Ra Fure."

IV.—The "Italian" Hand.

(Page 14.)

For the swyming m^y head, gwen by m^r Vesalius (ye Emperor Charles phisition) to Quene Mary:

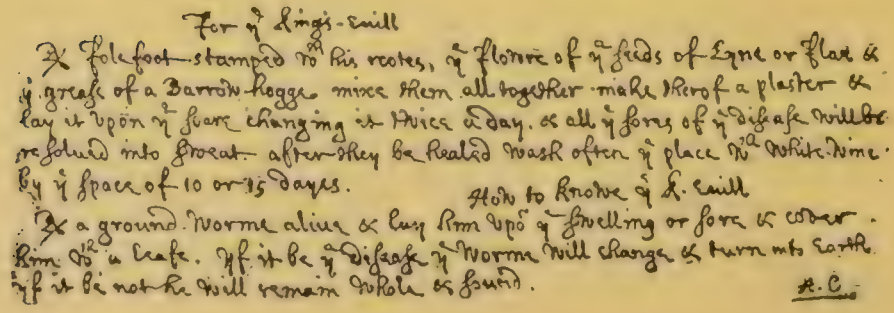
Take two ounces of the iuice of the budds of redd roses or one ounce of very good oile of roses, one ounce of kowslip oile, and two spoonefulls of woman's misk of a manchild, and three nutmegs fmely beaten & sereed and asmuch mace made in powder as the nutmegs is, and a little red rose water, and asmuch wine viniger; mingle all these togeather and warme it vppon a Chasingdish, and anointe the nape of the neck and the temples, and the cromne of the head, and vnder ye eares you must rub it veary well in, and keepe the head whott while it is adompe and after:

This was not a common hand in England until about 1615, when the London writing masters Richard Gething, John Ayres, and others taught it to their pupils. Abroad, however, in Italy and in France, it was quite common as early as 1550 (MSS. 14 a. xvi., &c.) It was also taught in England by Teshe, of York, and others of Temp. Eliz., who called it the "Italique

hannde," (origin of our *Italics*) but it was regarded as distinctly foreign, and was only used in continental languages. The MS. 17 A. VII., for instance, begins in the Italian hand, the language written being French; it continues in the Secretary hand, in English; and again reverts to the Italian, written this time in the Italian language. The best specimen of this writing which I have seen is the Sloan MS. 987, written in 1586 by a young French Lady residing in Edinburgh, Esther Langlois (elsewhere called Anglois and Inglis). The style of writing used in Italy, however, in the beginning of the 17th century was more cursive than this, somewhat like that of Charles Fairfax's hand, or in a much less degree of his brother Henry, which is shown in the style V. This lends some support to the idea that the younger Fairfaxes were taught by their uncle Edward, the poet, who, as translator of Tasso, was certain to be acquainted with the Italian Schools and methods.

V.—Henry Fairfax's Writing.

(Page 140.)


For ye King's-evill

Take folefoot stamped wth his roots, ye flowre of ye feilds of Lyne or flax & ye greafe of a Barrow hogge mixe them all together make therof a plaster & lay it upon ye place changing it twice a day. & all ye fores of ye disease will be resolved into greeat after they be healed wash often ye place wth white wine. By ye space of 10 or 15 dayes.

How to knowe ye K. evill

Take a ground worme alive & lay him upo ye swelling or fore & cover him wth a leafe. If it be ye disease ye worme will change & turn into earth. If it be not he will remain whole & found.

A. C.

id est

"FOR Y^E KING'S EVILL.

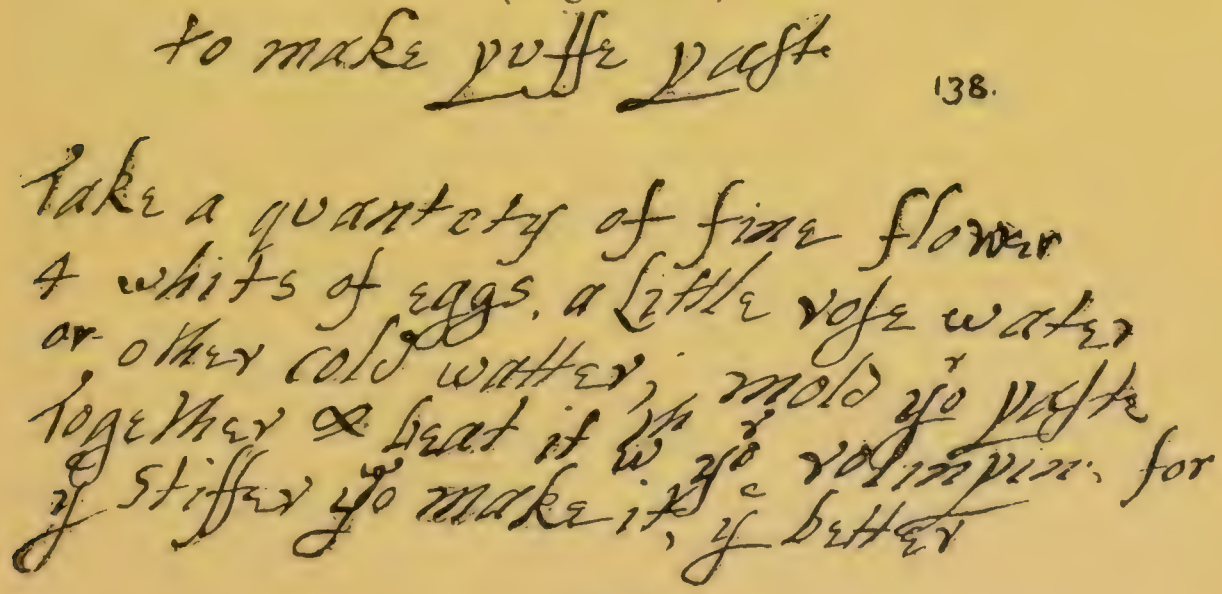
"R. [take] Folefoot [coltsfoot] stamped with his rootes, ye flowre "of ye seeds of Lyne or flax and ye grease of a Barrow-hogge, "mixe them all together, make thereof a plaster and lay it "upon ye soare, changing it twice a day, and all ye sores of "ye desease will be resolved into sweat. After they be healed "wash often ye place with white wine by ye space of 10 or "15 days."

"HOW TO KNOW Y^E K[ING'S] EVILL.

"Take a ground worme alive and lay him upo*n* y^e swelling or sore "and cover him with a leafe. Yf it be y^e disease y^e worme "will change and turn into earth. Yf it be not he will remain "whole and sound."

VI.—Mary (Cholmeley) Fairfax's Writing.

(Page 120.)


to make puffe paste

138.

take a quantety of fine flower
4 whits of eggs, a little rose water
or other cold watter, mold yo paste
together & beat it w yo rollinpin, for
y stiffer yo make it, y better

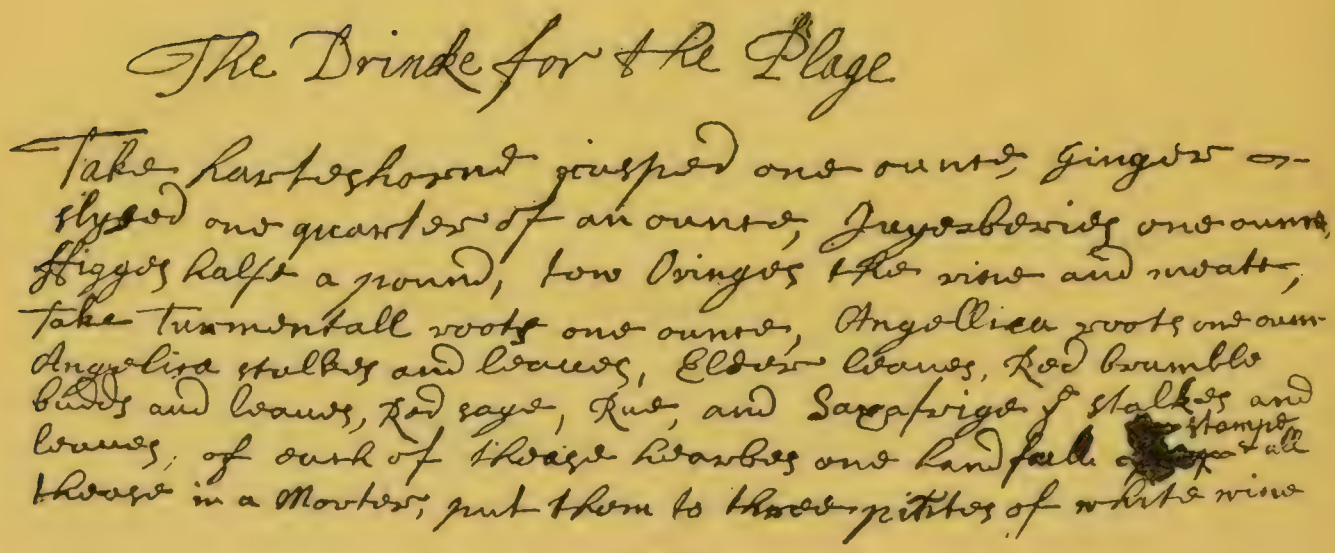
id est

"TO MAKE PUFFE PASTE.

"Take a quantety of fine flower, 4 whits of Eggs, a little rose "water or other cold water; mold your paste together and "beat it with your rollin-pin for y^e stiffer y^n make it, y^e "better."

VII.—Brian Fairfax's Writing.

(Page 151.)



The Drinke for the Plage

Take hartshorne rasped one ounce, Ginger sly-
sed one quarter of an ounce, Juyes-berries one ounce,
ffiggs halfe a pound, tow Oringes the rind and meate,
take Turmentall roots one ounce, Angellica roots one oun-
Angelica stalkes and leaves, Elder leaves, Red bramble
budds and leaves, Red sage, Rue, and Saxafrige ye stalkes and
leaves, of each of these hearbes one handful stamped all
these in a Morter, put them to three pittes of white wine

id est

"THE DRINKE FOR THE PLAGE.

"Take hartshorne rasped one ounce, ginger slysed, one quarter "of an ounce, Juyes-beries [goose-berries] one ounce, ffigges "half a pound, tow (2) oringes, the rind and meate. Take "Turmentall roots one ounce, angellica roots one ounce, "angellica stalkes and leaves, Elder leaves, Red bramble "budds and leaves, Red sage, Rue and Saxafrige ye stalkes "and leaves, of each of these hearbes one handful, stamped "all," etc.

182 Syrup of Clove July Gloors ·

Take half pound of Gloors put ym into a Pott & power 9 Gills of Boylling water upon ym cover it & Lett it Stand 3 or 4 hours then Strain it through a sieve & put two pound of Loaf Sug^r to one pint & Give a boill on two & Scum it very well you may clear it up wth whites of Eggs

IX.—Nineteenth Century.

Handwriting as an art, will probably, in the course of next century, be superseded by the more legible Type-writer, and the still more convenient phonograph. I therefore add, for the enlightenment of the readers of the next century, a specimen of the present style of writing :—

In the prospectus first issued, this work was entitled "Ye Apothecarie his booke"; but failing to discover evidence of its having been used by an Apothecary, the name was altered to "Arcana Fairfaxiana" on account of its owners & writers.

The Subject Matter.

Medical Recipes.

To describe the herbs and simples used in the medical receipts would be congenial labour, and in undertaking it I should be more at home than in what I have already attempted. But that would fill a volume in itself, and would not be generally interesting to the book lover. I shall therefore only make brief reference to the subject matter, leaving the rest to the leisurely perusal of the reader.

The collections found between pages 9—58, and 75—96, although written in the same Italian hand, were evidently culled from different sources. The second, at least, seems copied from an Apothecary's book, the first may have been also. The other writings of that period, such as those on pages 96 and 97 also bear the marks of professional skill. The renowned " weapon-salve " of Paracelsus, mentioned on page 61, although still recommended by his disciple Dr. Fludd in 1606, had almost fallen into disrepute as a professional remedy, partly on acconnt of the ban of the Church, partly from the increased enlightenment of the medical men. Almost the only auxiliary to physical remedies was the reverent invocation of " God's grace;" and in spite of occasional appeals

to the imagination, in the form of charms or talismans, the "Cholmeley" writing may be said to represent the professional method of the time.

The "Fairfax" receipts, while still dealing in charms, exhibit a greater number of remedies in which diet and régime are the chief factors. They represent, therefore, domestic rather than professional medicine, and are just what would be used by families residing at some distance from the towns.

The medical portion of the "Green" collection, as might be expected from its later date, shows a great advance in the evolution of scientific treatment. The remedies generally have become more definite, and are often chosen as on page 221 with a single and rational end in view. Cures for the bite of a mad dog are not effected by a "Hair of the dog that bit you," but by means which might have been used up to within a very recent date. This is said, however, with all respect for the more ancient treatment, for does not the method of M. Pasteur after all consist in a homœopathically diluted "Microbe of the dog that bit you?"

Housewifery.

The Sections devoted to the household arts form a large proportion of the book, and although bleaching and dyeing, brewing and preserving, are now almost entirely

relegated to the manufacturer, the baking of meats still continues to engage the attention of the housewife. It may therefore be interesting to some fair readers to try the methods of those ancient dames, for the food upon which such noble men were reared in the days of Queen Bess and of the Commonwealth, may still be capable of making healthy bone and brain and blood. A crammed capon followed by pancakes made with cream—only think of it! (*See* recipe, page 117.)

Touches of Nature.

Here and there, throughout the book, there are evidences of the same human nature which is the heritage of all time. Some one, finding it convenient for her purpose, scribbles on page 60 the copy of a letter written to some "Right noble Knight," asking him for a stag which she wishes to send to London, invoking Harry Cholmeley as a mutual acquaintance. The writer of the Italian hand, perhaps resident in the household but not a member of the family, enters on the last page "A note of Miss Barbara, her lessons on ye virginalle, which she hath learned and can play them." On the same page a watchful housewife notes the contents of her poultry yard as follows: "i kapon, xvi Torkies, xviii dowkes, iiii henes, ii cokes, x chekins, x giese, iv sowes, ii brawes, [? brawnes].

There is also on page 201 a record of lost linen, including handkerchares, fallenge bandes of kambreke, and other articles. Near at hand, on page 200 reversed, some masculine penman has copied a charm "To stanch the bleeding at the nose," which deserves to be given in full, as it may prove of assistance to those who in the present day put a key down the back of the person so affected. It is written in "latin" *sic*—

"Sanguis manet in te,
"Sicut Christus ferat in se,
"Sanguis manet in tua vena,
"Sicut Christus in sua pena;
"Sanguis manet in te fixus,
"Sicut Christus in Crussifixus.

"Say this over three times, naming the partyes nam, and then say the Lord's Prayer."

These "asides" are not the least interesting feature of the book, They show that it has passed through many hands,—that the hopeful maiden as well as the lean apothecary, the anxious housewife as well as the learned divine, the equerry of Charles the Second's court, and the country squire of a century later, all had a hand in its making, adding something of interest to them and to us. They also enable us more readily to call up the family life of those interesting days in or about 1600, when My Lady Cholmeley, having ordered her household during the morning, and instructed her many daughters in their

various duties, went round her domain from hop-garthe to hen-yard, from linen closet to larder, prying, tasting, and admonishing, until her family was called together to "dyne at XI. of the clocke." And later in the day, when Henry and John had gone out with their father to shoot, and while Mary and Hilda and Dorothy were instructed, as was the custom in all noble families, in the arts of reading and writing, Mistress Barbara, being now nigh twenty years old, played her lessons on the virginal, thinking all the while of young Thomas Bellasis, who would ere long come in with her brothers, and who would praise the singing of her latest lessons, "My trew loue is to ye Grene wood gon."

The Reproduction, and How it was Done.

When first considering the publication of the manuscript, I was uncertain whether it ought to be printed in letterpress with merely a few specimens of the handwriting in fac-simile, or entirely in fac-simile as now produced. The former would appeal to a larger class, because many persons might read in type what in the original manuscript would be tedious and difficult; yet to the genuine book-worm a little difficulty or even utter unintelligibility in some portions would be an additional fascination. The publishers having put before me the possibilities of production in either fashion, I decided to address the book to the latter class, and publish it in fac-simile throughout. Should they or others desire an edition in letterpress, the publishers and the writer will be pleased to receive their suggestions.

The method of reproduction now had to be decided, the choice lying between tracing the entire volume by hand or copying it by photography. The latter would have been by far the easier process had the book been in good condition and clean, but after experiment it was decided to adopt the former, bringing in the aid of photography here and there,

where practicable. The reproduction by hand was so successful, however, being in most instances indistinguishable from the original except by the colour of the paper, that photography was only sparingly employed, and the pages so copied (see between 108—135) have been marked in the volume. The printing has been done by the lithographic process. There is some pleasure in stating that a high authority in manuscripts in the British Museum considers the fac-simile "most successful."

Every line of the Work has been compared with the original, and where the slightest deviation was found it has been corrected or retraced. The only features not attempted in the reproduction are, the stains on the paper—although all the blots have been copied where they do not too greatly interfere with legibility,—and the various shades of the faded ink, which indicate more clearly in the original manuscript where some writer has added a comment on the work of his predecessor.

George Wilson

2, *Stannington Avenue,*
Newcastle-on-Tyne,
November 17*th*, 1890.

The Manuscript in Fac-simile.

Ursula Robt Greene

Cocker

ursula Lister

Henff

Henffairfax

Ro: Green: Cocken: Ex Dono R. C.

Si vis curari de morbo nescio quali.
Accipias herbam, sed qualē nescio, nec quā;
Ponas, nescio quo; curaberis, nescio quando.
id est.

Your Sore, I know not What, doe ~~not~~ fore show
To cure wth Herbs; Which, Where I doe ~~not~~ know.
Place them (well pounc't) I know not Where; as then
You shall be perfect Whole, I know ~~not~~ When.

Take smallage, pellitory of the wall of orge
the grundsell, rosemary, flowers, marigold
flowers, orge of the end one grundsell. ~~[illegible]~~
~~[illegible]~~ gallon water. 2. grundsell sheep, one
great grundsell, seethe in water, and lye so
ofte of the end one aume/

How to make my hogs a hogsgrue the longest
sett

in October day the hogs and bolwarne the gill &
put the dregs round about, so lett all the
the grynter kill maryge lye in fallow & round
~~[illegible]~~ Strew mt the gill kill maryge
in maryge hole in longest shrup tools & pile
down the gill & mt wrym from of the shrp
flms tooke. the gutter bye the gill kill the roote
yt almost rooted. the hole shell in spindsell
of fatton dung & lay yt bye the hogs of the
~~gill~~ tooke, the make dry yt gill/
In Aprill when the hogs yt shell in ground
strange sett the poles, lay good gr brush
mt the tooke on stronte as the poole, & ye
hogs grow, lyn ~~[illegible]~~ to the poles & wrynge
the Strawe, & the fest mt away
In June or July pare away the grunsell bolwarne
the gill & lay yt bye the gill
To make hogs be tyed, shelly & the poole
& yt the hogs fall the hogs be tyed, but
gulger bolwarne the fall. the on the stronte
of the hogs/

bent

To make good ink

Take a quart of Rayne water, or Clarett wyne, or Rood vinegar not being too sharp 5: ounce of gall / 4: ounce of Copperas / 3: ounce of Gum / beat yes gall and Copperas a litt lyke to: 2: pte of hot water let hym stand ~~as before~~ / note hym gum would be litt in powder after: 5: days standing boyle hym a lytle but verry lytle hee hym play yf yes wile gyve yt hym put in a penny-worth of white sugar

Receyp Sect
Gallbline
1: pinter, 6 oz galls: 2 oz Copperas 3 oz Gum arab,
m: white the bitt. bris 6,

Take a Quart of fair spring Water. one ounce of Copperas. 2 ounces of Gall. & 4 ounces of Gum Arabick. mingle thes together & lett thes stand. Mr Medgeley

Take 4 ounces of Gum arabick beat small. 2 ounces of Gall beat gross. one ounce of Copperas. & 1 quart of ye comings off of strong Ale, put all theise together. & stirre them 3 or 4 times a day about 14 days. then strain it through a cloath. Mr Dockery.

I made Ink by ye above rect only put in half ye Arabick. and as good as ever was yet

Sr: Green

Mr. Mason Excisman his Rect for making Ink, which is very good

Takes a Quart of Rain or other Soft water and put to it 4 oz of Bestblue galls grosly beatten let it stand warm for 3 days Then add 2 oz of Copperas 4 oz of Gum, Ditto Stoneth Allum let it stand 2 or 3 days longer but shake it up 2 or 3 times a day put a little Brandy into

Mr Mason Excisman
the bottle is wide
tinder it / mm —

Index. See in ye later: End of ye booke.

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For ye Migrome. — — — — — — — — 35.
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· note of apothecaries weight

		weight
Amen: signifieth as much a like weight or quantity.		
lib. a pound. the ℔ weight. — (or a quart) — — — —		℥ 12.
lib: ß. half a pound. (℔ ß) (or a pinte — —		℥ 6.
℥j one ounce (℥j) — — — — — —		ʒ 8.
℥ß half an ounce (℥ß) — — — — —		ʒ 4.
ʒ j. one drame (ʒj) is ʒ 3. ord — — — —		gr. 60
ʒ ß. half a drame (ʒ ß) — — — — —		gr. 30.
℈ j. one scrupell. (℈ j) — — — —		gr. 20.
℈ ß. half a scrupell (℈ ß) — — — —		gr. 10.

Pr: signifieth a grayne weight.
manipule. a handfull.
q. mille. what are many gold between two fingers & the thumbe.
m: standeth for argent nobis quisque pleaste./

Note. A graine is a Barly-corne.
a Scruple is 20 graines
3. Scruples a Drame.
8 Drames an Ounce.
12 Ounces a Pound.

For a Wenn

Take a quantity of black soape and somuch good ginger made into fine powder, and mix ye same with soape like unto a thick salue. Then lay it plaster wise upon a peece of fine new white cloth or rather leather pricked full of holes: Lett ye plaister so rest upon the sore 12 or 24 howers. according as you shall feele it to worke; and then chaunge and renew it accordingly. Continew and renew this plaster euery day untill ye sore do break. wch wilbe within xv daies: and still continew ye plaister after ye sore is broken untill ye sore be as flatt and as lowe as any other parte of ye flesh: Do not cutt or prick ye sore but lett it break by ye working of ye medicine: Make no more medycine at once then will serue for a week, and then weekly make fresh. / When ye corruption is cleane drawen forth then will apeare to remaine the bagg or skynn of the wenn unto which applie nothing but yor fasting spittle first forseeing all ye corruption to be veary cleane drawen forth: Deuise some cleaunge thinge about ye edges of the plaster broder then shall touche ye soare therby to make ye plaster to abide upon ye sore wch otherwise yt cannot because ye soape is slippery and not cleauinge: /

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for ye fame.

Take May-butter well clarifyed in ye funne, Broome-buds, Burtree flowers, Violet-leaues, red-Sage & a little Camomile.

Sr Kering

For the reddnes of the eyes or bludshod

Take redd Wine, redrose Water and Womans milk, and mingle all these togeather, and cutt a peece of ye crommes of Wheaten bread leuened, asmuch as Will couer the eie; and laye it in the redwine rose Water and milke, and When you go to bedd, laye it Vppon your eies and it Will help them.

For Chilblanes & Kibes

Take faire Water and Wheat branne, and seeth it till it be Very soft and laye it Vppon the place greeued so whot as you can suffer yt: and if it be broken it Will heale it; and if it be not broken it Will aswage it.

For an ache many parte of ye bodye.

Take two or three onions: pill them, and slice them & beate them smale and putt therto iij sponefulls of sallett oile and asmuch aqua composita stamp them Well togeather, straine them thorough a cloth, then take it, Warme it whott and anointe ye greeued place and Warme a cloth, and it on it.

For ye bleedinge at ye nose: Probatum

Take a Toade and drie it in marche put ye same into some silke or sattene bagg and hange it about ye neck of ye party next the skinne and by gods grace it will stanch presently: //

For the fallinge sicknes

Take the harte of a toade and drie it and beate it to powder then drinke with what drinke you will:

A pfent medicine for a laske
is good for Bleeding.

Take a Toade at any tyme of ye yere and drie it in an ouen, so it doth not breake and when it is dried putt it into some taffaty bagg and hange it about ye necke of ye party greeved next ye skin: it helpeth

For a Pynn and Webb: //

Take a handfull of hemlock and ye white of an egge, and a little haysalt altogeather veary fine & lay it to ye pulse of ye arme on ye contrary side and if it be nere ye sight of ye eie to ye iuce of dases leaves rootes & all and put it into ye eie, and so vse it, till it be whole.

For swellinge of ame parte

Take Kamomill flowers, and if you cannot gett ye flowers, take ye herbs and take newe milke, and put ye herbs into yt, and barlie-meale; if you can gett no barly meale, take otmeale and seeth all these in ye milke togeather, till yt be thick, and then laie it on ye swellinge place, so whot as ye patient can indure it, and in twice usinge ye same, it will ridd yt awaye. //

For the shrinkinge of ye sinewes.

Take a pinte of neatsfoote oile, and half a pound of may butter, & half a pound of sowes grease, smalledge, j lb: mallowes of ye field j lb & of french mallowes hase a pound: chop all these verie smale togeather, then boile it in the same butter and grease aforesayd, untill it be half boiled awaye, then strame it and anoint ye place. warminge it first, both euenings and morninge, and it will help it. //

An oyntment for the Palsye.

Take the flowers of stickades, the flowers of ye right spike, the flowers of french lauender, the flowers and cropps of rosemary, ye flowers & cropps of Isop; ye flowers and crops of maudlme, and a handfull of kowslipp flowers, ye crops of sage, of each of them a handfull, and of Camomill flowers, three handfuls: put them all into sallet-oile, and make it, as you make oile of Roses.

For them theyr speech faileth.

Take a handfull of ye cropps of Rosemary, a handfull of sage, and a handfull of Isop and boile them in malmsey, till it be soft, then put them into lynen clothes, and laye about the nape of the neck and the pulses of the armes, as whott as it may be suffred, daily, as it shalbe thought mete, and it will help it, by gods grace.

For the same:

Take Staues aker and beate it, and sowe it in a linnen cloth, and make a bagg, noe bigger then a beane, if he can chew it in his mouth, lett hym, if not then lay it uppon his teunge.

For ye Palsey that draweth ye smowes.

Take korosslip rootes and seeth them in malmsey, and bathe them therewith where he is drawen, and strife to ye right place, as warme as may be suffred, and if he cannot speake, rubb his tongue wth newe masterd and pepper, or els with ye same medicine aforesaide made of staves acre, or with aquacomposita and herbgrace, and mingle it togeather & rub ye nape of ye neck wth it, & so under ye eares.

For the swyming in ye head, given by mr Vesalius (ye Emperor Charles phisition) to Quene Mary:

Take two ounces of the iuice of the budds of redd roses or one ounce of very good oile of roses, one ounce of kowsslip oile, and two spoonefulls of womans milk of a manchild, and three nutmegs finely beaten & serced and asmuch mace made in powder as the nutmegs is, and a little red rose water, and asmuch wine viniger; mingle all these togeather and warme it vppon a Chasingdish, and anointe the nape of the neck and the temples, and the crowne of the head, and vnder ye eares you must rub it veary well in, and keepe the head whott while it is a doinge and after:

57
.44.

For the pame in the back.

Take a quart of new milke from the Cowe, and the briskit of a brest of mutton cutt of ye shinne and all the fatt, as nere as you can, and bente ye bones, and putt into the milk without washing it; Take nyne leaues of clary, and nine leaues of nepp; and a good handfull of knottgrace, and nine leaues of comfory; putt all these into the milk with the mutten, and lett it boile halfe awaye; bruse a nutmeg, and put it in, and let it seeth a waume or two after, and then strame it, and lett it stand till it be could skim of ye fatt & warme it & drinke eaery morne & euen a draught

Another for the same.

Take three leaues of Nepp, and fiue leaues of Clary and three leaues of Comforye, and the pithe of the oxe back and chopp all these togeather, and frye with a cupple of eggs in sweete butter, and eate it euery morninge, and a little before you eate it drinke a little draught of muskadell, and an other draught after.

For the Emrods.

Take the hoofe of a horsfoote, and redd scarlett burne them bothe togeather to powder: take White frankensence. Cast this powder on a chafingdish of coles and sitt ouer them.

To make a bath for Melancholy:

Take mallowes pellitory of the wall, of each three handfulls Camomell flowers, Mellelot flowers, of each one handfull, hellyhocks two handfulls. Isop one greate handfull: fene = crick seede, of eit seede, of either, one ounce, and boile them in nine gallons of Water, untill they come to three, then put in a quart of new milke, and go into it bloud Warme, or somthing Warmer.

For the faling of the uuila.

Take some leuen and if it be not sowre, temper it with uinger. lay it to the nape of the neck.

Of Emrodes or Pyles.

There are aboute ye end of the fundomet, fiue veines wch are called *Hemoroydale and are ordeyned of natare to purge the gross and melancholy bloud in men, as weomens bodies ar purged euery moneth: yf ye said purgations come duly yt preseruetb the body from sondry diseases as from ye Leper, from Canser and such like. They be called *Hemoroyde of Hema which in Greeke is blood, and roys, wch is floming. There are diuers kindes of them for some be like greynes; some are like mulbenes, and are called moralles; and some are smale as little peces of flesh, about ye fundament, and some are pamefull and aposthumes. The cause of these for the most parte, is aboundance of gross and melancholy bloud, and somtime of flegme, and somtymes of brent choler sent vnto ye sayd place, or els they come thorough the receipt of sharp medycines: wherfore by the greate aboundance of such blood, yt chanseth ye the sayd veines swell, and be extended out of the fundament, bemg very pamefull and aposthumes. Therforo if ye blud be very subtle and sharp, and the passion naturall and commg by courses Then the mouthes of the veines are opened without, ye melancholy bloud is purged by the benefitt of nature; and also the sayd matise bloud watrye and not grosse, then they are like little bladders, or graines of raysons, and white in colour, soft in touchmg, and cause no greate pame. If they be ingendred of gross flegmatick blud:

they are

*Hemorrhoides

*αἱμορροΐς

they are hard like warts or unripe figgs, and are not very pamefull except they be ulcered and joyned with some whott humor ||
Their collour is betwene bleivnes and rednes, yf they be caused of melancholy blood and flegmatick mixt togeather, they are like little peeces of flesh of black collour And if they be caused of brent cholerick blood with melancholy they are in collor & signe, like to a mulberry and very pamefull. There be some, naturall, and some accedetall The naturall are those which in some budies, every moneth, or every yere, fowre tymes, purge gross and melancholy bloud: The accidentall are those which proceed of ye forsayd causes; through ill diett, or other thinges not naturall, wherfore the patient must auoyde all sharp, salt, and tart thinges that ingender melancholy blood as all pulses, the head, the inwards of beasts, and gross flesh as of kine, swine, goates, hares, and birds of ye riuer. Those that are ingendred inwardly are naturally, and they are wont to send out gross blood: And those that were outwardly, send out watry bloud, somwhat reddish.

For the Scyatica.

Take 2d worth of Cantarides sow them in a linning bagg. Steepe them one night in vergiss, & the next morning apply ye bagg to the side of the legg below the knee, and continue it there for the space of 6 howers, then take it thence & lay to ye place a cabbage leafe & when it draws to some heath lett out the blisters

See pag. 19, 61.

Flushe [illegible]

Take planten leaues, and elder flowers, & fill them wth a quantity of new milk, when yau haue a pottle of that water, take half a pounde of bitter almonds, blanch them, take your pottle of water and half an ounce of Mercury boile it on the fier in a pipl'n, till the mercury be consumed; then let it stand till it be colde. and so putt m^y or almonds.

To make excellent aqua celestis.

R^e. Cinamomi.		℥ j
Zinziberis		℥ ß
Santhaloram omniũ smgulon	}	ʒ ij
Gariophillorum		
Gallangæ	} ana	ʒ vj ß
Nucis muscatæ		
Macis cubebarũ		ʒ j
Cardamomi ytriusq;	} a	ʒ iij
Sem: ingellæ		
Zedoria.		℥ ß
S: ansi, sanicul		

yt waxeth moist vppon the head, as it wilbe, drye the same one a dish vppon a Chafindish and coales, applying ^e y same, as often as you haue cause.

Pastinasi ocymi
Rad: Angelicæ
Cariophilatæ
Liquiritiæ
Calami aromati
Phu: scabiosæ
Thimi Calaminth
Palagij Serpilli
Maioranæ Menthæ a ʒ ij
Florũ rosarũ rub:
Saluiæ Betonicæ
Rosmarinæ
Stœchados
Buglossi, Boragniis a ℥ ss
Pul: Corticũ Citri ʒ iij
Species Diambre
Aromat: Rosat
Diamoschi dulcis
Dia margarito Calide
Electr de gemmis a. ʒ iij
Macerant^r ℥ a in lib ij Vini optimi clarelli siue spiritu Vini
Vel aquauitæ diebꝰ xv: et distillent^r, et in aq: inde fluente
Ut distillat adde Santhal odorat, id est Citrini ʒ ij maschi, abræ
a gran xv Iulapi rosacei clarissimi lib misce et bene Cooperta, Serua:
Bynd the.

Bynde the ambergreece muske and Saunders, in a cleane lymen cloth, and lett ye Water as it distilleth dropp through the muske and amber and ye Saunders, and lett it be tied to ye pipe of ye Embeck: Then afterwards add yor Julipp of Roses Onto ye Water distilled.

ie pag: & 56.

This is called ye flower of all oyntments, alias flos Unguentorum for it is for all maner of maladies, aches or hurts, new or olde.

Take Rosen and perrosen, of ech half a pound Virgen Wax, olibanum if there be no Olibanum, then somuch frankensence of eche a qr of a pound, Camfer ij or iij drames, of mastick one ounce of harts sweat a qr of a pound; melt ye that is to be melted, and pound ye is to be pounded, beaten and finely searced and being melted, first put yor tallowe and Wax togeather, then put yor rosen, and perrosen togeather to them then your olibanum, then last yor mastick and When all is melted ouer a soft fier, then strame them thorough a cloth into a pottle of White Wine, Then boile the wine with all the other medicines togeather, then let it coole till it be blood warme, then put therto a qr of a poand of Turpentine and be euer stirring, Untill yt be coole, euer beware yor stuff be bloodwarme When you putto your Turpentine.

for

for if it be whott it will marr all yor stuff. / When it is done and colde inough then anointe yor hands with oyle of sweete almonds and mate it up in roles and kepe it to yor use for the most pretious salue can be made for all diseases / and for ye goute to spreade upon a cloth like a plaister and put it to ye place grecued and yt will not come of untill ye pame be gon. And if it be for the goute tate half a pound of Lemen mingled wth ye things aforesayde wth ye Campher, you must pound two or three almonds oreis ye Campher will not come to powder. / When you make yor salue into roles then you must cast in yor Campher where ye goute prieks or akes / Laye to this plaster and it will drawe out euell humors & ease you of yor pame; and this Intreat is good for ye goute, and for olde sores festred: for mangey of all treats it is most clensing, and a stowrer and will ingender and gather newe flesh; yt is good for all ould aches and impostumations of ye body, head, face, or otherwhere: for Smowes sproonge or shrunke, or to drawe out venim, stinging or biting of venom beasts, to heale all botches, punches all thinges hardened in the flesh: for noli me tangere to drawe out all maner aches in ye lymes and head ache, ye splene & ye eies and breateth all maner of posthumacons or swellings in ye Codds festers and Cankers all fluxes of men and weomen: good for Emrods & good to make any plaster or searcloth, to heale any sore: This Intreal is called flos unguentorũ for it cometh of Jesus Christ to a recluse by an Angell at ye red hill in Almaine, ye wch wrought many maruells wth yt, and neuer had other medicine.

The order of this medicine

First cause it to be spred uppon a fayre lynnen clothe plaisterwise and laye ye same uppon any iomte wheare the paine is. first anointe yor iomtes with oyle of roses, then laye it on. The stuff of your plaister must be half an inch thick accordinge to the property of ye same; you must lett it stick and continew ix or x daies togeather although it putt you to some paine of ache in ye meantyme yet you must lett it lie on still for it will bothe drawe out the humors by little smale pimples and also heale againe, and one plaister must serue all ye time of yor disease, without any maner of renewing.

To make Oile of Exiter

Take a pound of ye flowers of pugles in May, & stip ym asmuch oyle olis as they may easely be layed in, Then take Calamint herb John Juice of sage, ambergreece, egremony, sotherwood, pennyriall, lauender, speeke pellitory of spaine, rosemary, camomill, leaues of sorrell, flowers of lillies, of each a handfull, gather them in ye moneth of June, beate them in a morter as smale as can be, then take ye flowers and wringe them out of ye oile wth weary cleane hands, and put ym in white wine, a night and a daie; Then take ye herbs with ye wine and boile them togeather with ye oile, ouer a soft fier, so long till the wine & water

he wasted

bewasted away. And thus you shall knowe. take of ye liquor in a spoone, yf the wine and water do appere, then it is not boiled, but if the wine and water be consumed, then it is well boiled, Take yt of the fier, and putt it in a stronge bagg of linen cloth and strayne it betwene two staues, and putt it in a vessell of tynn or glass, for no other vessell will hold it; yt will indure three yeres, and is very good for ye goute, or where one is bruised and for the palsie, if the patient be anointed therwith, in the sunne in Somer, and by the fier in winter.

To make Oyle of Swallowes. infra p. 29.

Take twenty Swallowes and put them in a morter, and putt therein Lauender Cotten, lauender, speeke, Camomill knotgrass, ribwort, balme Vallerian, rosmary tops, woodbine tops, Struges of vines, french mallowes the tops of Ailehouf strawbery strings, tutsen leaues planten walnut leaues, tops of yong bayes, Isop, violet leaues, sage of vertue fine romane wormewood. of each of these a handfall ye of Camomill; ye of red roses, ye ounces of cloues beaten smale, a quart of neats foot oile, or els asmuch may butter, All these must be beaten togeather in a morter, and then put them in an earthen pott and lett it stand vnder ye ground ix daies, and stopp the pott cleane, and veary close, then take it vp, and putt in the pott

and.

halfe a pounde of Wax, and a pinte of neats footoile or els may butter, and then put the same pott into a pott of water and lett it seeth in the same Water iij howres, and so take it out of the Water & strame it & keepe it ye Whole yere Probatū

To make anointment for ye stomak against the coff.

Take Capons grease ye quantity of iij ounces, rosemary iij handfulls and sirop of downeward and stamp it smale then lett it be putt into the greese, and lett them boile togeather, untill it be grine the stronger it is of the rosemary the better it is, and when it is ready to be strayned, then putt in half an ounce of ye powder of masse very fmely scerced, and then lett it be strained, and use it to ye mouth of the stomak warme.

For ye Sciattica.

Take a pound of Wax, the Juice of margerom, red sage, vj spoone fulls of ye iuice of onions two spone fulls of frankensente nutmegs cloues mace, and annis seede, of ech a penyworth of turpentine and applie it uppon leather

For ye same.

Take squabite or Caruenel, ye marrow of a deer shanell or deer foot or neats foot oyle. note putt all theise together in an earthen-pott or for distill them in ye Sunne or a pott of warm Water. Mrs Mathews.

To make a Tisane for ye Cough of the Lunges or for the Cough of the Stomak.

Take harts tounge and liuerwort lungworte, Coltsfoote, mayden heare a little elicompane rootes, raisens of ye Sunne stonned, liquoris stamped annis seede a little brused: Let all these be boyled togeather in fayre running water according to ye quantity of the herbs, and when it is sodden sufficiently strame them all, and so drinke at any tyme when you will.

To make a powder for the Stone to eat with meate instead of salt, using yt now and then.

Take the Lunges of a Fox, and wash it in white wine and then laye it in white wine xij howers, and then drie it in a faire cloth, and sett it into an ouen to be beaten into pouder, then take to that a little powder of liquoris fmely beaten, a little annis seede fmely beaten into pouder and a little suger Candy, beaten into smale pouder; but sett ye greatest quantity of your pouder be of the fox Lunges, and when you eate not this powder, eate two or three tymes a daye, the conserues of redd Roses.

A powder for ye Stone.

Take Magisterium Tartari 8 graines Diagredium 8 grames, mixe them perfectly together in powder. & this is ye greatest proportion yt you must take at one time in a gill of White-Wine.

A Veary good almond milk for ye bloudy Flix

Take mutten and boile it in fayre Water, and Some it Verie cleane Then putt in a handfull of borage one handfull of prunes, some Whole mace Whole Cinamom, the Vpper crust of a manchett loafe boile all these togeather Very well Untill the strength of euery thing be boiled into ye brothe Then strame it thorough a Cullender, Then take almonds and pearch them as you would do peason, and beate them Very fine skins and all, and putt them into the brothe and lett them boile againe ij or iij Waumes then strame it thorough a faire cloth and season it well with suger and a little salte & giue it yo patient to drinke, at any time of the daye.

For one yt is stunge with an Adder.

Take musterd seede and bruse it in a Woodden dish wth dragon Water then opening the wound with a fine needle binding the patient aboue the place where he is hurt, for swelling any further then bathe the wound all about as farr as it is swolen wth dragon Water then laye the medicine Vppon the wounde binding it on with a faire cloth: then ye next tyme you dress it againe anointe it with oile of roses giuing the patient triacle and dragon Water to drinke when you dress it first.

For a greene Wounde.

Take rosen, Wax, and fresh butter, barrowes grease tryed, of them a like quantity, boile it Untill it leaue boyling, power it Vppon a dish of colde Water, then Worke it in your hands in little roles and spread yt on a cloth and laye it on the Wounde, and if the Wounde be deepe, then make a tent of Linte togeather With the Salue and put it into the Wound:

A drinke for ye ouerflowing of the Gaule:

Take half a pinte of Goates milk, half a pinte of redd rose Water two ounces of man2 xpi, half an ounce of White suger Candy three leaues of gould, boile these Untill they come to half a pinte and drinke it morning and euenning, fower tymes.

For one that cannot make Water.

Take iij or three raddish rootes, scrape them and Wash them veary cleane and slice them into a pinte of White Wine, and boile it from a pinte, to half a pinte, and strame yt, and drinke yt luke Warme.

For the same.

Take shell snayles, and take out the snayle wash the shells veary cleane, drye them and beate them into powder then take ye powder, & drink it in white wine, or els in thyn broth:.

Another for the same.

Take black Soape of the stinomst you can gett, and worke yt with white salt very hard, untill it be like paste, and then role it up like a bale and binde it to your Nauell with a clothe.

To help the Quila.

Take a peece of fine linen cloth, cut it rounde as bigg as ye mould of ye head. laye on it fine flax all ouer not very thick: Then take nigella romana nutmegs and comen, beate them altogeather to a powder then laye all yt pouder uppon ye flax all ouer then laye an other lane of flax on the same. as before then take baye salt, drie it as drye as yo can, beate ye same into smale pouder and lay it on ye flex. all ouer; cut a round pece of cloth as the other before quilt all these togeather, that ye pouder run not abroade, geuing a spetiall marke to yt side ye salt is on, laying this quilt to ye middle of ye head veary whot, the salt side uppermost from ye head, and when yt

it waxeth moist upon the head, as it wilbe, drye the same one a dish upon a Chafindish and coales, applying ye same, as often as you have cause.

An Electuary ye Quene Mary was wont to take for the passion of the hart.

Take damask roses half blowne out, cutt of ye whites, and beate your roses very fine, and strame out ye iuice, as much as you can, you may putt to it if you will a little rose water, to make it ye more moist. Then take of ye finest sugar that you can gett and make a sirop of it very thick. Then take rubies and beate them very fine, and likewise amber and pearle, a little amber greece, and mingle all these togeather with some of the Sirop, till it be somwhat thick, then take it morne & even upon a knifes pointe, a little quantity, you may take it els at any other tyme when you think good: This medicine is very excellent and so approued.

An aquacomposita for ye yellow Jandize.

Take iii gallons of very excellent strong ale, ij ounces of Ginger ij ounces of nutmeggs one ounce of Cinamom, one ounce of long pepper, one ounce of graines, one ounce of Galingale, a dram of Unicorns horne iij ounces of

of annisede and iij ounces of liquoris, all these bruised, half a pound of sallandine, half a pound of mercary of the field; a much mallowes All these herbs, finely shred, iij or iiij rootes of fenill, of parslye and succorye, the pithes taken out, shred them also, two ounces of english saffron finely beaten / ij ounces of the grene of goose tords newly made, ij ounces of Elicampana rootes, ij ounces of redd Wormes, wch are comonly called eases; ripp them asunder in ye middest, and scrape out ye filth, and scoure them in salt, and wash them very cleane and drie them in a cloth, and putt them into the ale: you must take of the shell snailes, and cut of the heads of them, and slitt them asunder and scoure them in salt verie cleane, and wash them very cleane untill all the filth be out. Then drye them in a cloth very drie Take ij ounces of these also, and putt all these aforesayd into the ale, into an earthen pott, one daye and one night, and stir it fiue or six Tymes in that space and then still it either in a lymbeck of glass, or of pewter, you must still it in May, and lett the patient drinke it in ale at morning and euening, one sponefull at a tyme; you may kepe this iij or iiij yeres, the longer the better: Put also unto these aforesaid half a pound of reasons of ye sun, stonned, and two ounces of hart shorne finely made into powder.

For ye green-sickness.

Take earth-Wormes open them, wash them clean, drye them in an Ouen & beat them to powder. giue 2 sponefulls in White-Wine in ye morneing.

A medicine for the stone

Take an onyon, and cutt out the topp, fill it up with castle soape and the powder of franckensence, sett the onion in the whott Embers and when it is mough, laye it plaster wayeto y̆ nauell :

A medicine for the Emrods

Take henbane leaues half a handfull of purslane, as much cromes of bread half a handfull, the yolk of an egg with oile of roses, beate the herbs togeather with the cromes of bread, the yolk of y̆ egg, and the oile of roses, and make a poultes of them

For any sore, or pimples in the face

First take bole armmick iij ounces, camphir one ounce, white copperis iij ounces put yŏr camphir and copperis into a stone goddard of earth and seeth them togeather on the fier, and they will become water, and wilbe hard againe; remember to stir them while they be a seething Then beate y̆ Camphir and copperis in a brasen morter very fine and by it self; then beate y̆ bole armmick by it self, and afterwards beate them altogeather and kepe them close in a bladder, and when any body is hurt, or hath y̆ skinne broken, Take a pottle of runnmg

water

Sett it ouer the fier, till it begin to seeth, then take it of the fier, and putt iij spoonefulls of the powder into ye same water, and stir them well togeather, and keye it in a glass, and lett it stand till it be clere in ye upper parte. Then washe ye sore with a lynnen cloth as warme as they can suffer it, and wett a cloth iij or iiij dubble and laye it vpon the sore; and if it haue a hole in it, wet linte in ye water, and fill ye whole before you lay on the cloth; and if any water be left in ye saucer, powre it on ye cloth, that lieth on ye sore, and bind it well vp: and keepe it very warme, do this morne and even, vntill it be whole. ~~~ You may vse this medicine after ye ointment, in the other side wch you may vse as longe as you liue

For the pimples in the face, if they be neuer so greate

Take one ounce of vnguentu rosatum, of the best you can gett and half a pennyworth of ye best brimstone, and a pennyworth of ye best ginger that you can gett, pare it, and beate them bothe very fine, & searce them, and putt them into yor rosatum: mingle it very well togeather putt it into a box, Then nointe yor face where it is pumpled xv nights and in all that tyme you must take hede, that no wett come to yor face. Then the xvj night, take some oile of sweete almonds, and anointe yor face about one houre before you goe to bedd: and when you:

you are going to bed, take White Wine and a little otmeale, and Wash your Face and it Will helpe you, and if it Were neuer so greate a fauslyne you must be purged two or three daies before you take it and be lett blood also if you Will. / you must keepe a Veary good diet. Whilest you take it.

An other for the rednes in ye face. //

Take ye call and the fatt of the kidneys of a kidd, and laye it in red rose Water, a night and a daie, and When you haue so done, mynce it Very smale, putt it into some Vessell of siluer and keuer it ouer With red rose Water and then keuer the Vessell With parchment or paper and then sett it into a possnet of Water and so lett it melt, till all ye grease be consumed and then streine it out, Then beate it out in rose Water and the Juice of lemmons, till it comes to a Veary pure Whitenes: Then anointe yor face, you may Vse lamms sewet thus: Wch is supposed as good as the other.

For ye Rume in ye Eyes, or pain in ye head.

Take an ounce of Nutmegges, an ounce of Cloues, & an ounce of Mace, of Rosemary ij^d worth (i. a good handfull) of Sallet oyle a gill. Boyle all together & lay it on ye Crowne of the head, ye said ingredients being dryed & first beat to powder. ye may lay vnto ye Eyes Conserue of Roses &c:

Balles for the face.

Take greate Allecant reasons, a quarter of a pounde, stone them but wash them not, and beate them in a morter very fine take as many almonds, not Jordans but of ye comon sort, and blanch them, and drye them in a cloth very well, and beate them in a stone morter also very fine, when you haue done thus, to them bothe mingle them bothe together and beate them againe and putt to it half a quarter of a pounde of browne leauened bread, wheaten bread: and beate them altogeather and mingle them well togeather, and then take it and make it in little balles and then wash yor face at night with one of them in fayre water. If you will haue this only to wash yor hands, put in a little Venice soape: but putt none of that in for youre face.

Oile of Swallowes. fol. 18.

A singular Ointm.t for any Itche or Bruise.

Take Rosemary-toppes, Lauender-Cotton, Tyme, ye stringes of Strawberries, French-Mallowes & Southernwood, ye toppes of Bayes, Dill, Rewe ana 2 handfulls. Take 30 Swallowes out of ye nest young & flushe, & pound them very small in a stone morter till ye see noe substance but feathers. Then pound all ye herbes wth ye swallowes & an ounce of Cloves therto. & in ye pounding putt to it by little & little 2 pound of Barrowes grease; then putt it all into a pott & cover it close, & let it boile for ye space of 2 houres, putting to it at ye first before ye boile it a quart of Neats-foot oile. Then take it off & strain it, & cover it close & let it stand 10 or 12 daies: & then boil it again an houre & if need bee put to it a pound of Barrowes grease more. Then strain it & putt it up & keep it for your vse.

Vide pag: 56 §. 15.

A deeme Plaster for any ache which being laied to ye place greeved, taketh awaye the paine so soone as it is once throughly warme

Take two pound of Unwrought wax, of deere suett half a pound, of perrosen fower pound, of cloues and mace, of each two ounces, half an ounce of saffron, of rosen two pound of black pitch a qr of a pound; melt that is to be melted, and powder and searce that is to be powdred. / Mingle all togeather Uppon a soft fier except ye cloues maces and saffron / Then take a pottle of redd Wine and by little and little powre it to ye salue stirring it togeather and when it is melted straine it into a cleane pann, and then put in ye powder of cloues, maces and saffron, casting it abroad Uppon ye ingrediences, and stir it well togeather a good while, and let it stand till it be somwhat cold and then anoint well ye handes with oile or soft greace and while it is somwhat warme make it Up in bigg roles and driue it with ye hands often tymes, and then it wilbe coullered like wax, and so make it Up in good roles.

For numnes of members.

Take and anointe the greefe if it cometh of colde with oile of Woodbine and if it cometh of heat, Use Populion.

For the falling sicknes

Take the seedes of Satteren, and drinke ʒj of them in fine powder morne and even for fourty daies; yt remedieth.

For the dymnes of the eies.

Take of the Water that is stilled of strawberries, and wash ye eies with yt; Likewise it doth quench ye heate of the face, and take awaye the redd spotts of ye same, if you use it xij daies togeather.

To stopp the Flux.

Take the Raspes berries, and boile them in red Wine, and drinke of it often times warme; there is none like to this, and it quencheth St^t antonies euell, as diascoridis reporteth lib: 4 chap. 34.

To heale the Emrods.

Take Aron called Cuckoo pintle, and boile it in oile-Olife and warme applie it twise in the daye, it healeth it wth in ix daies at the furthest.

For sore eies a remedy most excellent

Take rose Water womans milke and the white of an egg beate them togeather, and putt of it into the eies, yt taketh awaye the dymnes ourrmg, reanes and swelling and cleareth the sight :

To heale a fellon or Bile .

Take beane meale and fenecrick in pouder ana ʒ ij mix it with hony a sufficient quantity and applie of it to the greefe morne and even, yt helpeth

To heale ye greate heate in ye brests of Women or in ye priuy members of men .

Take the iuice of hemlock and applie it to the greef 2 or 3 tymes in ye daye and wett a cloth in it and laye it to the greef use it 3 or 4 daies, yt quencheth St Antonies fier

For a sore-Breast. or ye Wolf.

℞ Pitch & Rosin ℔ ʒ. Bee-Wax ℔ ʒ. Sheep-suitt ℔ ʒ. all boyled together takeing away ye feume. then take a piece of new-linnen cloath vnwashed fro ye weauer & steep it in it of both sides like a sear-cloath, & cutt it in pieces according to ye wound, & yf it need a tent take some of ye said plaster & make a little tent & put it in. the lay on ye plaster & yf it doth not cure make ye Pultrick of sweet-milk & Otemeal, but in no cuse let ye wounds shutt of themselues, for they will break in another place. When it is cured anoint it wth ye oyle of Swallows or some other oyle to take away ye redness out of ye breast. ye party when she is cured must keep her breast hott for half a year after.

To cleere a dymme sight of the eies

Take the Juice of Selendme, and put it into a brasen Vessell with the like quantity of hony being clarified and boile them to thicknes, Vse to put of it into ye eies morne & euen, it cleereth y^em ..//

For the Jaundize and Choller

Take ℥ij of the rootes of Sollodiu annis seede in powder ℥ß, boile them in a quart of white wine till half be wasted, then strame it and drinke of it morne and euen ℥j at a time, not to drinke after it two howres, Vse it ix daies.

For ache, sPitch, or swelling . r

Take half a peck of earth wormes and putt them into haye to skowre them selues shifting them 3 times in 24 howres wth new haye, then stamp them smale in a morter and putto them a pottle of malmsey and a pottle of muskaden, then boile them till more then half be wasted then strame it and kepe it for y^o^r vse to anointe the greef wth morne and even.

For the Windecolick or the stone.

Take a quart of mustadell or malmsey and seethe in it two heads of garlick being peeld and brused and the rinde of a lemmon or the juice of one, seething them till half be wasted, then straine it, and drinck of it morne and euen warme, 8 or 9 spoonefules at a tyme

To take cornes from the feete, also to drawe prick, nedle or arrowhead from the flesh

pag: 38.

Take Wax ℥j rosine ℥j ℞ and of the powder of Aristolochia rotunda and of longa of each ℥ij, melt the Wax and the rosin then putto yo powder finely beate and searst and stir it till it be colde, and lace of it to ane of the greeues morne and euen plaster Wise yt remedieth in short space, as it hath bene tried. ¶

To drawe the rewme from the gummes. ¶

Take of the roste of pellitorie of spaine ℥ij ℞ being in fine powder then infuse in it stronge Vinger, and make rounde smale peles with it, and holde one now and then in thy mouth, this will purge ye commes and ease the toothe ache

To cleanse the face from spotts blanes from shingles blisters and pimples.

Take the roote of Briony ℥j made into fine powder and putto it ℥j of the powder of semerick mix them wth oile of Tartora in the forme of an emtement and anointe the greef with it; or take the roote and seethe it in a quart of white wine to a pinte then straine it and put to it camphire ℥j and wash the face euery night wth a sponge wett in it and let it drye in, and it remedieth the greefe.

For the Migrome. ij^o

Take of the galle of an Ox, and mix it with sanguis dragonis the weight of an egg and the powder of a nutmeg, spread of this in the inner pell of the ox galle and laye it to the fore part of the head as a plaister and lett it lie till it falle of alone, dressing it three times. yt cureth the greefe certainly.

For the Coughe.

Take a pinte of clarrett wine hony ℥ x annis seede in fine powder ℥ viij boile these to the forme of an electuary and vse it morne and even ℥j at a time.

For shortnes of the breath

Take clarified hony a pinte, and pullo it the powder of Eyringq rootes ℥ij iij fenell seede ʒ ij, cloues, nuttmeggs ginger, longe pepper black pepper and mace ana ʒ ij, darret wine half a pinte, boile them a while on the fier, and keepe it for yor vse eate of it morne and euen ℥ ij at a time, you may giue it to any woman wth childe at any time.

A medicine for pissing a bedd

Take of the powder of harts horne, and take morne and even ʒ ij for 12 daies in yor drinke, refraynng from butter fatt meate and oyle and pottage for the tyme.

For ye heate of ye body of what cause soeuer it be.

Take endif water half a pinte, of milke a pinte, brewe them well togeather, then seethe them and when they seeth putt into yt iij spoonefulls of vniger and it will curde, take awaie the curde cleane, and drinke of it morne and even 7 or 8 spoonefulls, bloud warme.

To stopp a flux.

Take Rice ℥iiij seeth it in faire water a quart, till it breake, take that liquor and put to it Sinamom in fine powder good store and drinke of it two or three times, as yo" list in y" daye time warme.

For the Tisick.

Take horehounde, wormeweed, Isop and calamint aña ℥j bruse them and putt them into ij gallons of stronge ale or beere for 24 houres, then strame it and to euery quarte putt ℥ij of suger in fine pouder, and eate man.q xpus and pennedice morne and even ℥ij at a time, not for to drinke after it for ij houres vse it 24 daies.

For a Stiche or Pluresy.

Take a Costará apple, cutt of the topp and take out the coare, then putt into the hole ℥j of the powder of Olibanum, and laie on the topp again and sett it against the fier to roast, and giue to the greeued of it, ij or iij times in the daie to eate.

For burninge or skalding.

Take graye sope and anointe the greefe wth it 4 houres together, that you lett it not be without nointing half a q^r^ of an howre for those 4 houres this will saue it from blistring, and heale it in 48 houres.

To take awaye Cornes.

Take an Iron and make it whott and seare the corne with it then laie to it a plaster of Galbanu and turpentime mixt togeather, and it will take it out and heale it in 9 daies.

To take awaie the rednes of the face.

Take guiltes gr^ess^ ʒ ij and putto it pouder of brimstone fmely grounde ʒ j and xx cloues in fine powder, mix these well togeather, and anointe the face euery nighte when yo^u^ goe to bedd, and in ye morninge wipe yor face with a peece of fine cotten white, and wipe not twice in one place, and it will heale it in xij daies, you may eate no broathes, nor drinck ame wine in that time.

To heale a greene Wounde.

Take Vennice Turpentine ℥ij mix yt with a much suger, and applie it to the Wounde.

For the botche.

Take honie and the yeulk of an egg, and mix them with brunt allome and laie it on linte, and laye it too: and a plaister of grene treate upon yt, and it will heale it.

For such as do vomitt and cast up theire meate.

Take oile of spike, and anointe the stomake with it then take a fine cloth. wett it in water and doble wringe it being two folde, laie it to ye stomack colde upon the oile, vse it vj or vij daies, it will remedy thee.

For the skurff and scab in the face.

Take mallowes good store, and seeth them in Urine well, and wash the skurff with it.

For such as haue the Lunacy.

Take the iuice of Periolle and mix it with vinger and putt of it into ye nose with a Seringe 2 or 3 times in the daye being bloud warme and it will remedy ye same in 3 or 4 daies.

For the yellow Jaundize

Take liuar worte and stamp it and take ℥ iij of the Juice and honey ℥ iij being clarified boile them togeather in the forme of a sirop and vse it 3 or 6 times in the daye ℥ss at a time.

To clense the vrine and reynes.

Take the rooies of mallowes ℥ ij, seethe them in a quart of White wine till halfe be wasted then strame it and drinck it morne and even it clenseth grauell it is good for the Siattica, rupture or bluddy flux.

To stint the bloud of the Piles

Take ye iuice of yarrowe and drinck it this is proued and laye ye pouder of burnt garlick therto for it is good for them

For a benommed member.

Take the leaues of White willowe and seeth them in faire Water, and When they be well sod, then take a quart of Vinegar, and mix the leaues therewith and make a plaister of them, and lay it to ye benommed member and it Will make hym whole in five or vj daies.

For deafnes.

Take the galle of a Hare, and mix it, With womans milk, and putt of it into the eare warme, and stopp it close With black Wooll, and it healeth in nyne daies.

For ache of the back or iomts. with colde

Take ij spoonefulls of ye iuice of bettony, and mix it with a sporefull of honny and putt therto x pepper cornes in pouder and mix it with wine or ale, and drinke it many times, and it will make them well.

For ache or swelling in any iomte

Take hemlocke, sheeps tallowe, and oile olife, frye them togeather and laie it to as a plaister. ℞ Unguentum populij.

To stint bloud in a Wounde.

Take broome and shaue of the Opper pill of it and take the pill next the wood and make splagetts of it, and laie them to the wounde, it will staunch the bloude.

To drawe out wood, iron or bone, out of a Wounde

Take woodbin leaues and stamp them smale and laie them to a Wound, and it will drawe them out, you must take violett leaues and stamp them and strame them with stale ale, and drinke it daily for 3 or 4 daies, morne and even.

For a Wound ye hath perill in it.

Giue ye sick to drinck at ye beginning pigell bagell and sanacle hearb robar de matsellon egremony daisyes wayebrede sentory, antorsi cresses tanzey mallowes and hemp, of each alike, mitch mather half a much as of all the rest of ye hearbs, stamp them well, then strame it and lett it sode, then giue the wounded to drinck, and if he cast it, it is a signe of life; then search ye wound diligently and dress it Op: this drinke is good for the fister, canker and many other thinges, you must giue it daily to the wounded man fasting, 5 or 6 sponesfulls at a tyme.

A drinke to heale a Wounde or sore

Take yarrowe, bugle, avene, swete brier, topps and saneckell, of eche alike stamp them smale, and strame them with white wine, and giue yt to drinck morne and even as neede requires.

A soverene Water.

Take sentory and stamp it smale and put it to cleare ale and stale, then lett it stand 24 houres, then still it and take that Water and putto it ginger in pouder, annis seede, fennell seede, and parceley seede ana ʒ ij ginger but ʒ j, these are to a pottle of the Water, lett them stand 24 houres then still them againe, and Vse this Water morne and even for a principall medicine for ye cough, ache of ye sides, impostumes of the body, or anie euell in ye brest, or greeues of the spirituall members yt causeth a man to haue an appetite to his meale, that cannot eate.

To take away spotts in the face.

Take the rootes of wilde pepper and mallowes of each alike seeth them well and braye them well with Iell and oile dis horry and Wine, and therewith anointe ye Skurf or spotts of ye face, it remedieth

For the dropsey a good medicine

Take of the flower deluce rootes made as cleane as may be then stamp them Veary smale and strame them strongly into a pewter dish and leit it rest that the groundes may settle then take the clere water and putt it into a glass and putto it While stere super and give the sick one sponefull if he be prouoked to cast take a spoone well it in Vinniger and hold it to ye bo.e of ye throte it staieth ye same Probatum

For the Reynes that be sore

Take tanzey a good quantity stamp it well with sheeps tallow and frye them well togeather and warme laie it to ye back vse it 4 or 5 daies.

For sorenes of the back wth bruse or stroke

Take Egremony, smaledg and mouse eare stamp them smale and putt thereto bacon grease and Jsell and fry them and make a plaister and lay it warme to ye back

For one that spitts bloud.

Take nepp and stamp it smale and take the iuice and drinck it and you shall cast out the bloude.

A Powder for the Fistler

Take Arrommit and salt and burne them to powder then take Vergreace pepper and White glass and mustard seede make them into fine powder of each alike then mix them and lay of them to ye sore as often as neede requireth, yt will heale perfectlie.

For one that is Wounded

Giue hym the Juice of parceley to drinck and it shall never rankle nor festar, on Warrant.

To know whether a sick man shall liue or die certenly proued manie tymes.

Take a penny weight of land cressede and giue ye sick to eate three daies togeather fasting, and to drinke a draste of Water after it or Wine if he cast it vp he shall die. or els take tormentell bayberries and mirre ana ℥i make these into fine powder mix them well togeather giue ye sick of it to drinck in stale ale ℥j at a tyme if he cast it vpp he dieth of the the same sicknes, if he retene yt he shall liue, the bayes purge, the turmentall voideth all venome and rawe meates lyng in the stomak and ye mirre suffreth no corruption in the body of man

For ye same purpose.

Take a little of their Water & putt into Milk. & yf they eye a dogg will not eat it. & yf they liue a dogge will eat it.

Mr. A. C.

For the Quartane Fever.

Take triacle, wax, oile olive, and barrowes grease ana ℥ i melt the wax in the oile and putt it whott into a morter with the rest, and worke them well togeather to an ointment, and anointe therewith both the stomak and back against the fier, and wrapp the body upp in a fine sheete well warmed, and laie hym in his bedd and couer hym well that he may sweate, thus dress hym three tymes and be whole.

To take away freckels in the face.

Take the snaile with the shell and stamp them smale and temper them with the white of an egg and rubb the face with it morne and even use it daily. it will help: /

For a saseplene face.

Take a white lilly roote and swimes greace and brimstone but first putt the brimstone in whot water a while then stamp them well togeather and grinde them fine with a little franckensence and use it // quick siluer litarge of gould brimstone boras and oile of Tartar is good for sasplene faces garlick omons leekes and redd wine they mainteme y sasplen face.

For all maner of Agewes.

Take rewe wormewood, and sotherne wood, and seeth them in wine and drinck thereof three daies before the fitt cometh, and come nere no fier, nor use anie furious meates.

To heale a wounde.

Take Sentory and make powder of it, and strowe of it on the wounde yt will heale the same.

To heale a wounde lightlie.

Take mather tanzey hemp cropps the cropps of redd colle, the crops of redd nettles and ye cropps of redd briars asmuch of ye one as of the other save of the mather half asmuch as all ye rest stamp them smale each by them selues then mix them togeather and make balles of it asmuch as greate bearies then drye them in an oven, and when they be drie putt them into some box to keepe untill you haue neede of them: The vertue of them is to heale anie wounde: to take two of them and beate them, and putt the same into wine or stale ale, and drinck it fasting in ye morne, and to walke a good while after use them as neede requires.

To cleere a wounde

Take the powder of harts horne, and it will take awaie all euell humors being strowed vppon the wounde and drie it vpp soone.

For a sore ye is open and will not close vpp.

Take Incense and arronnmt of equall partes and grinde them together into fine pouder, and laye it to ye sore morne and even.

A pretious water for sores olde or newe

Take canouse that leather neuer came in; a pottle of the best worte a gallon of lee made of wood ashes togeather. then take roche allome and of the cropps of mather ana ℥iij boile them togeather a little and putt it into an earthen pott and couer it close and lett it stand till you haue neede thereof it heales all maner of sores olde or newe

To staie the flux

Take a quart of faire water and boile it in perrewincles a handfull sinamom ij d in fine pouder a lemmon cutt in peeces boile them till half be wasted then strame it and sweete it with suger drink it morne and even.

A Water for diuers sores well tried :-/

The Urine of yong children knavish and wanton a pottle of the clerest Viniger that may be gotten and take stronge Wine Viniger a quart: putt them togeather and putt them wood ashes and Unslackt lyme of each a pretty quantity and seeth it till ye third parte be wasted then lett it stand till it be cleere then putto it salt armomke, salt peme, salt mtar and allum de plumbe ana ℥ ij made into pouder and stopp the glasse close and keepe it for yor use this water well kill in fower daies any naturall cancker, fester, dead flesh and wenns yt kills the webb in ye eie if you touche it with ye water but once it is good for many other thinges more as it hath bene prooued

To staie the Flux :-

Take wheat flower putt it into a bagg and tye it hard togeather then seeth it for 24 howres in faire water and it wilbe veary hard then lett it coole and scrape of it into milk & lett ye sick drinck of it morne and even /

For swellinges :-

Take turnip rootes and boyle vnto a punicy and laie of it warme to the swellinge morne and even.

For the toothe ache

Take the inner pell of the ashen plant and burne it to ashes by it self then moist of the ashes and make a body of it and laye of it behinde ye eare as a plaister it remedieth ye same ::/

For the bitinge of ye brest and stomak

Take pepper ℥ß in fine powder baye berries ʒij likewise in powder mix them well togeather and drink ʒß of it in luke warme wine it ceaseth the torments of the body ye bitinge of ye brest and stomak ::/

A Souereigne Water for Sores.

Take salundine raoworte and yarrowe of each two good handfulls boile them in a gallon of water to a pottle then strame it and put to it aqua fortis ʒj quick siluer ʒj and lett them stand it wilbe like mercury sublime. This water will heale all sores & fistelos as it hath bene often proued ::

A certaine remedy for ye toothach if it proceede from heate

Take 2 or 3 plantan leaves cutt them smalle with a knife & putt them in a little peice of linninge clothe & streine 2 droppes of ye iuce into ye parties contrary eare & before you can tell to 20 ye cure is done./

Henry Cholmeley./

For the running out of ye fundament

When it is out, wipe it cleane then putt into it six or seven graines of bare salt, and putt it in a warme clothe, vse it 2 or 3 times it helpeth

To stopp ye flux or gomora passio ye Gonorrhoea.

Take comfori knotgrass bursapastoris and plantine of each a handfull the knuckles of x or xij legge of mutton seeth them well in a gallon of water. till it come to ye pinites then strime it with salt, and eate of it or drinck of it warme morne and even x or xij sponefulls when it is colde it will be like a Jelley

For the Epileptia Infallible it remedieth in six daies. (ye Falling-sickness.

Take the after burden of a woman and drie it in a pott till you make powder of it and giue of it to the diseased for vj daies fasting in the morning ʒ ß at a tyme in ale or bere not to drinke after it for two houres you must vse the burden of the male childe to the woman and the femmine to the man. This is prooued bothe of man woman and childe Infallible

For ye same. ye falling-sickness.

Take ye hearts of Moules dryed into powder. or drinck Cowslip-wat

same Take a pottle of old Ale wout hops: half an ounce of Nutmegs: a qter of an ounce of Ginger. half a qter of an ounce of Cynamon; & half a qter of a pound of Sugar. beat ye spices together in a morter, put them in ye Ale: & take a qter of a pound of Liony-root, & bruise it in a morter & put it into ye Ale wth ye spices, & let it stand 3 nights. & then drinck a draught of it 9 mornings together. stir it well when ye drinck it. & yf it cure not ~~well~~ ye first 9 mornings. rest fro it 2 or 3 dayes & then vse it again & pray for a blessing. And every night when he goes to bed apply to his forehead Rosemary bruised & a Nutmag grated, & White wine Vinigar lukewarme & let rest

For greate bodies as ye timpany or dropsey in ye legges.

Take White Wine three gallons, stronge beere iiij gallons, saseperella, Sene, liquoris skrapt ana ℔ j ℥ ß cortex ligna j t broused, coliqumtida, sassafrage ana ℥ ß boile them close in balnea maria 24 howres, then lett it coole, then lett it runn thorough an Ipocras bagg, and ad to it ℥ ß of mithridatum giue it morne noone and at night at each tyme ʒ iiij Vse it as neede requires, it is good for most diseases.

For the stone in the reynes and bladder

Take ramsyns and ye leaves of land Willowes, stamp them smale and Wringe out the iuice and putto it a little longe pepper, and led ye diseased drinke of it in stale ale, yt Will ease hym incontinently. ℣c.

A most pretious Water to recouer one at ye pointe of death

Take ye spirit of Wine rectified iiij tymes, oile of sulphur and of vitriall ana ℥ ß Julip of Violatts ℥ 60, mix them togeather in a glasse and giue to the sick of it ʒ ij at a tyme, it recouereth them that lye at ye pointe of death, it mittigateth all pames, and dissolueth all infirmities, it breaketh all colerick humors preserueth ye stomack, it causeth appetite, it helpeth all kinde of fevers, and preserueth both man and Woman in good state, Vsing it somtymes.

Take of pollypodium the weight of ——— ℥vj
of Spicnard the weight of ——— ℥vj
of Junctus Odoratus the weight of ——— ℥vj
of mergero the weight of ——— ℥vj
of Seltwell the weight of ——— ℥vj
of Rubarbe the weight of ——— j dram.
of Sriamo beaten the weight of ——— j℔
of Senay bruse the weight of ——— iij℔
of Galengall the weight of ——— ℥ij

Beat all thes a sunder then mingell then to gether then put them in a fine limin bägg to tow gallons of strong ayle and putt it into a earthen stone pott put a small sticke in to the bagg of the lenth of the bese to keep the bagg a littell shorte of the bottom tie the bagg close to the sticke all the toppe when yo ayle is a day olde drink a goo draught warme in the morning fasting and last att night and att yo maykes coulde. do thus till yo find yo bodye truly skoured:

54.

Right noble knight your kindness and love
to me ~~and myne~~ hath bene alwayes such as maketh me bold
presumptious of more favores which if it pleas
you now to grant I will not in that nature be
ouer so troublesome to you ~~against~~ it is for those
who I desire to be thankfull to for manye curte
receaued at thor hands, my suite is for a sta
which if it please you to grant and I shall
think you doe me as great a pleasure a
tyme as ~~they~~ I can desire of you, I
beseech you sir for all the favores y^t ouer y
have done me deny me not in this and
if you do grant it me let me have it wh
speed for I ~~and~~ ~~to~~ can pack it ~~and~~ send it up
to London befor ye first of august, youg
Sarye Chamley be not ware I must not
forget to present ffrs seruice and than
for all your Curtisies, thus with my seruice
presented to you praying god to grant
you what you can best wish for your sou
health and worldly honor I will alwayes
rest your assured and thankfull frend

thanke for

margrett

A medicine to cure by the weapon published amongst other things by Rodolphus Goclenius Professor of Philosophie in Wittenberghe in the yeare 1608. Intituled the Magneticall cure of a wound. Pag: 264.

Take of the moss of the skull of a strangled man 2 ounces, of the mumia of mans blood, sixe ounce and a halfe, of earth wormes washed in water, or wine and dryed, one ounce and a halfe, of Hematitis 2 ounces of the fatte of a Boare, sow pigge, and Bore of each 2. drams, of oyle of Turpentine two drams. pound them and keepe them in a longe narrow pott, make this when the sunne is in Libra. Dipe into the ointment the iron or wood, or some sallow sticke made wett with blood in syeing the wound. Lett the patient washe his wound in the morninge with his owne urine or cleare water, and bynde it with a cleane cloth alwaies wyping away the matter.

a glister

take posset drinke made of small ale, annisseed fennel seede, browne sugar rawdie & hyssop.

for paine in the heade

take bay salt, rosemary seede, red fennel of ouer ~~[illegible]~~ one a handfull of boate hazell to gather & boyle them in a pint of uinegar & a pint of rose water and let they be lait a plaster

For Headache.

Bx ye oile of roses vinegar or ye juice of rue ana alike quantity: mingle them together or anoint ye head often times therewith. Or.

Bx ye braines of a Crow. fryeth it or eat it as it will help.

H. Cro:

56. Vide pa 30.

A Salue to cure all maner of Sores both Old & newe. also it cures Imposthumes & Inflamations.

Take Roffen & profsen of each a pound. Virgine's Wax & frankinsence of each a quarter of a pound. Mastick an ounce. Stag's tallow or deer-suett a qter of a pound. Camphire 2 drames. Make those yt are to be melted, & pounce those yt are to be pounced fine & cover the & boyle the over ye fyre. then strein them through a clean canvase clothe in a pottle of White Wine, then boyle ye Wine & all together then lett it cool till it be noe warmer then Blood. Then put to it a quarter of an ounce of Turpentine, evermore stirring it till it be through cold. But beware ye ye stuffe be noe warmer then Blood when ye put in ye Turpentine. Then when it is cold make it up in Rolles, & keep it for ye most best Salue yt is to be vsed.

To help ye Spleen wth great speed.

Let Blood under ye young in one of those 2 veines yt is on that side where ye milt lyeth, that being done take mustard & mixe it wth ye Brine of a Boy, & lay it between 2 cloathes, & lay it on ye sore place one night, & then yt it be not well yt it still untill it be helpt. Leonardo Thurzaroni

A plaister for Wormes.

Take of Camomil, Feiherfew, Wormewood, Tansey. Herbe-grace; ye Blades of vnsett Leekes & Parsley of each half a handfull. Fry them in fresh butter, & put them into a linnen bagge & apply them above ye regiment of ye stomach as hotte as ye patient can suffer.

A mollifyeing Glister.

Take of Cowes-milke a pinte, ye yolkes of 3 Eggs. 3 ounces of Honney. 2 ounces of Oile-olive: make all thise into a Glister & give it warme.

To stopp Blood.

Take linnen-cloths & dipp them in ye green fome where Frogges have their spawne 3 dayes before ye new-Moon.

To pull out a toothe.

Take Wormes when they be a gendering together. Dry them upon a hott tyle stone. then make powder of them, & what toothe ye touch wth it will fall out. H. C.

Or Take Wheat-flower & mixe it wth ye milk of Spurge & thereof make a paste or dowe wth ye wch fill ye hollow of ye tooth & leave it in a certein time & ye tooth will fall out.

A playster for strengthenige ye backe. 57.

Take of ye flowers of Pomgranats, and frankincense, each a dragme and a half, which may be about the waypte of xij d. the best Bole armoniacke one ounce, and of the best aloes half an ounce, of choyce mastiche and dragons blood each one dragme. White wax, oyle of roses, and venice turpentine, as much of each, as will serve to make it a plaster.

Queene Elizabeth her powder for wind.

Take Ginger, Cinamon, Gallingall, of each one ounces Anisseeds, Caroway seeds, fenellseeds of each one half an ounces; mace, notmegs of each tow drames, of all one drame, ponde all ~~it~~ together, & searce them, & put in one pound of white suger. vse this powder ter, or before meate ~~all~~ ane time. It expells wind & it comforth ye stomack, & helpeth digestion.

58.

Scurvigrass-drinck. / A Dyett, to be taken 2 houres before meales.

Take Sarsaparella ℥6. Polipod of Oake ℥4. Sene ℥4. Annice, fennell & Carroway-seeds, ana ℥j. Liquorize scraped & bruised ℥2. Agrimony & Maiden-haire ana 2 handfulls. Liver-wort one handfull. Scurvigrass 2 peckes. new Beer or Ale 3 gallons.

Dr Butleris receipt. / half this will serve. pour

dias. Take Polypode, Spiknard, Squinant, forked-Ginger, Margerm, Galingal, Settwell ana 6 penny weight. Annice-seeds, Saffafras & Plantain ana ye weight, — Senny ye leaves & codds as much as all ye rest. ye aforesaid particulars being grossly beaten into powder, half a peck of Scurvigrass stamped, put all ye Scurvigrass & ye drugges into a bagge, & hang it with a packthred in 2 gallons of strong Ale, & stop it fast close as noe ayre may come to it to dead ye Ale, or else cover ye Ale every 4th day wth fresh barme or yeast. & drinck hirof 9 or 10 dayes.

this drinck: It purgeth all Humors in ye body. It will not suffer ye Blood to putrify: neither Fleame to have dominio: nor Melancholy to have exaltatio. It doth multiply Blood. It helpeth all evill in ye body. It purgeth Reume. It defendeth ye stomack. It nourisheth, preserveth & preserveth Youth. It engenderth good collour. It comforteth ye Sight. It nourisheth ye Minde. & is good against ye Stone.

My La: Fleetwood's receipt. by Mrs Remina

Green Ointment made in may

Plant rin red Sage rue wormwood Camomill Chickwe Elder Tops: mallows of Each one hand full Shred ym Smaly — put to ym half pd of may but unwashed or Salted — put to it half pd of Ruet 2 oz. of oyl Spike 4 2 oz: oyl: olive let ym boyl Gently on a soft fire till the but. Yourt be well melted ye Strain it and Keep for Use very good for bruises & Strains

how to make the greene oyntment

Take of red sage & rewe of ech, a pound, or a quart. & of yong bay leaves & wormwood of ech ½ lb: picke them well, butt wash them not; shread them smalle: & beat them well in a morter: then take ℥ of sheeps suitt hot fro the sheeps bely shread it smale & beat itt with these hearbes untill itt be all of a culler: then putt them all in a faire boule wth a pottle of the best oyle olive & worke itt all together untill itt bee ~~ake~~ soft: & then putt itt into an earthen pott, stop itt close for eight days space: then take itt & boyle itt in a faire pane wth a soft fyer & when itt is hallfe boyled putt in itt 4 ounces of oyle of spike then boyle them all well together untill it come to a perfect greene, ~~butt take heed that yo boyle itt~~ & then strane it through a faire lien cloth into a galley pott, or some other pott, covering it close, butt take heed that yo boyle it softly untill it come to the culour, & thus its made,

the vertue of this oyntment,

If yo anoint the stomacke wth it, it helpeth ye digestion & expelleth all obstructions; rub it on the small of the backe, & it helpeth the stone: the quantitye of half a nutt as well rubed in behynd the eare, being stoyed with

60 blacke wood helpeth all paines therin, it is allsoe good against all aches & Fellons & swellings of wounds, & also against tooth ache proceeding of cold rume, it helpeth anye bruse or strane in vaine or sinew. tis good for the cramp & ~~sciatic~~ sciatica & all manner of burnings & scaldings stichis & stijfe or straines in man or Beast

it is made only in maye.

For a Consumption.

Q 2 Gallons of ye strongest Wort made of Ale. Boyle it & feume it very clean for long as it will bear a feume. Let it boyl gently a whole day or longer till it come onto ye thicknefs of an Electuary. Soe eat of it wth a Liquorize stick morning & evening, & as often of a day as you can. Probatum.

A Jelly for ye same.

Take a Red-Pigge neither too fatt nor too leane, drefs it clean & boyle it in a fufficient quantity of Water wth Maiden-haire & Coltfoot of either an handfull, Liquorize fcraped & bruifed j ounce. Raifons of ye Sunne stoned, & Currance of either a handfull. 6 Dates sliced, & 6 chiues of large Mace, & lett them boyle to ye height of a Jelly. then strein it & putt to it as much Sugar as will make it fweet. then putt to it j Nuttmeg sliced, Cynamo 2 drames, Ginger j drame, & 6 or 8 fpoonfulls of Red-rofe Water. Clarify it wth ye white of an Egge; & runs it through a Jelly bagge & referve it for your vfe. And of this ye one to take a good draught warme, first & last.

Dr. Butler.

For the Sciatica.

Take ye Gall of a Bull or Oxe, let ye moisture thereof into some little skellet & set it over a soft fyre & a little scume will arise, wch must be taken offe. putt thereto as much of ye best Aquavitæ as ye clear of ye gall wch remaineth is, & have before hand halfe an Ounce of Pepper (as small beaten as possibly may be) ready & putt thereto also, & as much of ye Marrowe of a Horse-shank as a good Wall-nutt, or for want thereof an Ounce of ye Oile of Camomill. & When they have been a little over ye fire incorporated togeather, take it offe, & keep it close covered or stopped in some Bottle or Pott of stone or glass till you vse it.

The vse.

When ye will vse it, ye must shake it well togeather and putt forth very near ye quantity of 2 Spoonefulls thereof into a sawcer, & while it is warmeing on a few coales or before ye Fyer, warme a course-Linen cloth ye is made soft wch wearing as hotte as can be suffered & lett ye party kneel setting ye grieved place towards ye fire to warme & wch that cloth so made hotte chafe ye place a good space togeather, And after it is so chafed lett one wch ye Fingers doe on that in ye sawcer as hott as it can be suffered, & when it is all done on, stroake ye place downe ward, & for ye quantity is vsed, aime at so much for another time as goeth in most of it. And vse this Evening & Morning 15 daies togeather.

Probatum. by mr Plunt of Stokes.

For ye Splen & Melancholy.

Take a handfull of Tamarisk, one of Agrimony, one of Wormewood, Century a quarter of a handfull. Boil all theise in 2 gallons of Wort, & hang them in a bagge wch in ye Barrell wth theise one ounce of Senny, one spoonfull of Annise seeds Polypode one ounce, Raisons of ye sunne one handfull, a drame of prepared steel.

Mrs Ayres.

For a Consumption.

Take 2 spoonefulls of China very thinne sliced 2 spoonefulls of ye White of Hart's-horne very thinne sliced, 2 spoonefulls of White or redd Saunders thinne sliced, 4 or 5 spoonefulls of French-Barly well picked & washed, a Succory root, a Parcely root washed & ye pith taken out, & sometimes a redd-docke root pitched; putt all theise into 4 pintes of spring-Water & into an earthen pott covered & made close wth dowe. Let ye pott be sett vpo hotte coales for ye space of 8 or 9 houres: then take more Water & all ye former ingredients into a bigger pott. Then take a Cocke & runne him till he be weary, then kill him & dress him & putt him into ye pott wth 2 spoonefulls of Capers, some of ye leaves of Borrage, Five-leaud grass, Rosemary, Violett leaves, Strawberry leaves of theise every one a little as you can gett them. In Winter, in stead of herbes, vse Cuenmber-seed, Millon seed, also 2 good spoonfulls of Corrants, 3 of Raisons of ye Sunne, stoned; When all have boiled together for ye space of 7 or 8 houres then take out all ye stuffe & beat all well in a stone Mortar, then putt all into the Pott again wth halfe a pinte of White Wine, & lett it boile a while, then strein it and keep it for your vse.

Vse to drinck it thus. Take as much as ye will drink & warme it on ye fire. When it is hotte putt into it a spoonfull of redd-Rose Water, & a little Sugar, sometimes a little Conserve of Burrage or Bugloss.

Dr Hunter.

A Jelly

A Jelly for opening ye stomacke & cleansing ye Lights.

Take a pottle of running Water, 2 handfulls of Betony of ye wood or Wilde Betony (or for want of it take garden Betony) one handfull of Vnsett Hyssop, green Sage leaues 30, Raisons of ye Sunne half a pound, stoned. Blede Currants a quartern well washed & bruised in a Mort. wth ye Raisons a quartern of fine Sugar, & halfe an ounce of White Sugar-candie to putt into it when it is boyled. Lett all these be putt into ye Water & boile the vntill a pinte of ye pottle or somewhat more be consumed. then putt into ye same (whilest it boyleth) a pinte of ye best White Wine, & lett it boyle vpp & so take it off. & then straine it out & so drinck it Euening & Morning or at any other time findeing any stopping.

A Caudle to strengthen ye Backe.

57.9.41

Take ye Pith of an Oxe-back a good quantity, wash it clean & dry it, take ye skinne off & beat it and strain it wth Wine or Ale; take 2 spoonfulls of Oatmeal searced, ye Juice of Comfera, Clary, Knott-grass and Plantein, take half a pinte of their juice, ye Yolkes of 3 Eggs, make it in ye forme of a Caudle, season it wth Canamon & Nuttmeg & Sugar.

For ye Jaundice. (Mr. Harrison of Yorks receipt.

Take a Quart of old Ale, 2 pennyworth of Saffron one pennyworth of Turnemarake. Jane's Treacle 2d worth Mingle it together till it be well Mixed. Make to ye quantity of a Quart & take it at 4 draughts, one at Morne, another at Night, for 2 daies. but when it is to be drunck lett it be well stirred. /

times.

Another for ye same. of my Ld: Cholmeley.

Take Rosemary 3 handfulls, a good ptes, of a handfull of Century, of Hony half a pint. put them in 3 quarts of Water, seume it & boyle it to half. strain it & take 10 or 12 spoonfulls first in ye Morning & last at night. fast 3 houres after. my Ld: Rich Cholmeley.

To make Bisket bread of ye best.

Take ye whites of 10 Egges & ye yolkes of 8; a pound of Sugar, & a pound of flower ye finest ye can gett, being very finely searced through a Sypress. put ye Eggs into a Wood-Bafin & beat them one full houre, & look there be noe strings in them. & when ye think they be well, put in ye Sugar by a good spoonefull or 2 at once & so till ye have put in all ye Sugar still keeping it continually beating, & when ye have beaten ye Sugar another houre put in ye flower as ye did ye Sugar by a spoonfull or 2 at once & beat them as before a whole houre. Then put in a little Musk blend wth a little Sugar, & 2 or 3 spoonfulls of Rose water. then putt ye Seeds as many as ye think like, & when ye have beaten it 3 full hours & ye Plates redy rubbed wth a little fresh Butter, then you may make them to what fashion ye please & fill them in ye Oven letting them stand till they be well Baked.

To make Braggot.

Take 6 Gallons of Ale, fewer 3 quarts of Honey being very well Maryfied. 2 ounces of Cloves, 2 Ounces of Nutmegs, 2 ounces of Cinamon, 1 ounce of Mace, 1 ounce of Ginger, 1 little spoonfull of Pepper, & half a spoonfull of Greanes. Boyle ye Pepper wth ye Honey, & when ye have boyled it a while putt in all ye Spices saueing ye Cinamō & lett the boyle a little. & when ye Ale hath been turned an houre or 2, & ye Hunny Milke warme, take ye Yeast off ye Ale wth ye hand, putt ye Cinamō into ye Honey & blend all together & stirre it in well, Turne it into ye Rundlet & put ye Yeast vpō, & let it stand vncouered all ye day then stop it close.

To make Knots

To make Knotts, or Gumballs.

Take 12 Yolkes of Eggs, & 5 Whites, a pound of fearced Sugar, half a pound of Butter washed in Rose Water, 3 quarters of an Ounce of Mace finely beaten, a little Salt dissolved in Rose water, half an Ounce of Anice seeds, & half an ounce of Carroway-seed. Mingle all these together wth as much flower as Will worke it up in paste, & soe make it Knotts or Rings or what fashion yu please. Bake them as Bisket bread, but upo Pye-plates.

To make Almond-bread, or Fritters.

Take 5 Yolkes of Eggs & 2 Whites, & beat the as aforesaid & put in half a pound of fearced Sugar, & soe beat it a qter of an houre. then putt in half a pound of flower, & soe beat it half an hower more. then have ready a pound of Almonds finely beaten wth a little Rose water, & soe mingle the well together, & put them upo plates wth a spoon, yt plates being done over wth a little Sugar, & soe bake them as yt other Bisket-bread, scraping a little fine Sugar upo them. Yu may, if yu please, make fritters in yt same maner, dropping of yt same stuffe with a spoon, upo a Plate in what forme yt Will. Yu may, if you Will, put in a quarter of an Ounce of Mace finely beaten.

To make Maccarounes, or Fritters.

Take a pound of Almonds being blanched & beate a pritty while together wth 2 or 3 spoonfulls of Red-rose Water. then put in 3 qters of a pound of fine Sugar, & beat them together, but not soe fine as for Marchpain stuffe. Then take it up & spread it abroad in a clean Dish & sett it into yt Oue, untill it be a little hard at yt top, but yu must take great heed yt it browne not. Then take it out & stir it very well together, & soe set it in yt Oue again; thus doe 9 or 10 times. Then take a grain of Musk, & as much Ambergreece being finely ground, & mingle it well wth yt Almonds & then putt in 4 Whites of new-laid Eggs, & soe mingle the well together. then when yt Oue is of a good temper, lay them upon a plate

plate wth a spoon or cutt them off wth a slice, strowing a little Sugar thereon & soe fett them into ye Oue till they be well hardened but in any wise they may not browne, but rather lay a sheet of paper over them, & when they are baked, & well dryed. take them out. Ye may make yt ye pleash, fritters of ye same stuffe dropping it wth a spoon in what fashion ye will.

To make fine Cakes.

Take half a pound of searced Sugar, half a pound of sweet Butter washed in Rosewater, 4 Yolkes of Eggs & 3 Whites. a quarter of an ounce of Mace finely beate, a little Salt dissolved in Rose-water, & as much flower as will make it up in paste, but it must not be too stuff. then make ye Cakes, & prick them, & soe bake them in an oven upo pewther plaits. & yf ye prick any ye must prick the according to ye Worke yt ye will have them printed otherwise in what forme ye will.

To perfume a silver-bottle. or, to make little Cakes to Perfume.

Take a qter of a pound of ye best coulored Benjamin, pound it small & putt it into ye bottle to a little Damaske-rose-water. mingle it untill it be all melted upo ye fire, & when it is boyled well & come to a good smell, ye Rose-water will part fro it; it must be stird still in ye boyling; then when it is boyled enough, put in ye Musk half an ounce, & let it boyl a while till all be throughly melted. be ever sure to have Rose-water in ye bottle, when ye set it on ye fire to perfume any place.

For ye Cakes, ye must take ye like quantity of Benjamin, Musk, & Civet, but ye must not fett them on ye fire. but take Damask-rose buddes, & cutt off ye whites & stamp the very small, & then putt in ye powder so provided before, & a little Sugar, soe make them up in little Cakes, & lay them in a sheet of paper to drye.

An other excellent Perfume to burne.

X Take ye weight of a Groat of Calomas Aromatic, & as much Lignum Aloes beating it very fine, then put in 2 ounces of Labdanu, halfe an ounce of Benjamin, half an ounce of Storax, 6 graines of Musk

6 graines

6 graines of Civitt, & 6 graines of Amber-greece; beat all theise in a hott Mortar, & wth a hott pestill till they come to a paste. then wett ye hand in Rose-water, & worke it up in little round peeces noe bigger then ye think fitting to burne at a time. y^u may putt into ye foresaid stuffe a little Damask-rose water in ye beating & it will worke ye better.

To dry Apricockes ye best way.

First gather ye Apricoks before they be too ripe. then a day after stone them & pare them very thinne, & to a pound of Apricockes take a pound of Sugar. Lett y^e Apricockes lye in y^e Sugar covered for 2 howres, untill y^e Sugar be soe moist as it will melt wth out water. then put y^e Sugar & Apricocks up^on a slowe fire, y^t they Boyle not in half an hour or more, turning them ofte y^t they break not. & when y^u think they are enough, put y^e Apri=cocks into some deep-glass, & y^e Syrope into a silver-dish, & let it boyle a little more. poure it on y^e Apricocks, & soe let them stand uncovered untill y^e next day. then cover them & when they have been a week in y^e Syrope, take them out & lay them on glass plaites, & put them in a Stove, or in some clean place, where they may have y^e aire of y^e fyer, and every day turne them on clean glasses till they be dry.

How to preserve Whole Roses or Gilliflowres or Marrigolds &c

Dippe a Rose in a Syrope consisting of Suger=candy boyled to the full height. then open y^e Leaves one by one wth a smooth bookin of bone or Wood. & as soon as they be dipped lay them in y^e foone when it is in y^e height, or else dry them between 2 dishes up^on papers wth a very gentle fire & soe keep them all y^e Year. y^u must pick y^e seedes out of the^m before y^u doe the^m.

68.

To Candy Angelica.

Take ye stalkes in May & boyle them in fair Water till ye rinde will pill off. That doe & then make ye Syrop wth fair Water & Sugar & boyle them in it untill they be tender. Lett them Lye in ye same Syrope 2 or 3 dayes. then take them out & pleit them. & boyling a fresh Syrope to high Candy height, putt in ye stalkes & take them gently off ye fyre stirring them too & fro. Then take them forth & lay them on a Lye-plate one by one. & when they are cold drye them before ye fyre or in a warme Oven.

An excellent good Perfume.

Take 6 ounces of Benjamin, lay it one night in damask-Rose Water, then beat it & put thereto half a pound of damask-Rose leaves beaten also & braid all together. then mingle it wth 10 grams of Muske & 6 of Civett. then putt in one ounce of hard Sugar finely beaten stirre the together, then make them into little cakes ye bignesse of 2d. then lay a damask-Rose leaf on either side & lett them in ye Sune to dry.

Mrs Ell: Fairfax.

The Diet drinck

Take Senne	℥4
Sasaparela	℥3
Epithimum	℥ß
Hermodactils	℥ß
Sticadose	℥4
Camomell flowers	℥ß
Liquoris –	℥ß

A diet drinke pro morbus

Take lignum Vita	℥vm
Sasaparela	℥ m
Senne	℥ m
amissede	℥4
cologuintida	℥ß
fennell sede & Bentory	ana ʒj
Pisula	℥8 t
aqua fontanes	24 t
mallasue	1ß

For the tertian Ague

Auria alexandrina
Oxisaccarum simplex
Sirupus de Acatosa simplex
Sirrop of tart pomgranats
Siropus de Bezantys.

For the quarttan Ague

Antidotum asincritum
Diasene
Mithridatũ Andromachi
Oxisaccharum
Unguentũ Arogone.

For the burning Ague

Sirop of Violetts
Diaprunes non laxatiue
Decoction comunis
Electuariũ catholicum.
Mell Violatum, Sirup[q] de lemomib[q]
Trochisio de camphora. Unguentũ populion

For the mixt Ague

Diaphenicon
Pelula de agregatiue
Pelula de Rubarbari
Trochisie de diarhodomis.

For a longe Ague coming of colde

Diacurcuma
Diacoralium maihes Irale
Pills of Rubarb
Sirupus de Eupatorio
Trochisci de Rubarbario
Trochisci de Absinthio.

The 4 greate Whott seedes

Annis seede
Fennell seede
Cummen seede
Caraway seede.

The 4 lesser whott seedes

Anij seede
Amomiū seede
Smalage seede
Yellow carret sede

The 4 greate colde seedes

Gourd seede
Coucomber seede
Million seede
Cithrone seede

The 4 lesser colde seedes.

Endif seede
Sicorī seede
Lettice seede
Purslme seede

The 4 Whott Unguents

Unguentum martiatum Altheam
Unguentum Aragom
Unguentum Agrippæ
Unguentum dialthia

The 4 colde Unguents

Unguentum album
Unguentum Populion
Unguentum resumtiuum
Unguentum Citrmum

Fiue Waters to comfort ye hart

Endif Water.
Succori Water
Scabius Water
Langdebef Water
Balme Water.

Five opening roots

Smalage rootes
Fennell rootes
Parcely rootes
Sperage rootes
Rue holme rootes

Seuen solitiue hearbs

Mallowes,
Mercury
Violatts
Collworts
Hollihocks
Acanthus
Beetes. //

For ye bitinge of venomus beasts

Mithridatum
Thiriaca galem
Oleum de Scorpione

For asswage pame outwardly

Emplastrum Oxicroceum
Oile of Delle
Oyle of Juniper.

For inwarde diseases

Antidotum Asmcritum
Mithridatum /
Auria Alexandrina.

For burning or skalding

Emplastrum palma
Oile of Mirtus /
Unguentu rosatum.
Oyle of eggs /
Oyle of Lillies.

for

For appetite

Antidotum asmcritum
Aromaticum rosatum
Miua smplex
Conserue of quinces
Siropp of Wormeswood
Eleduarum de comfortiuu stomachum.

For ye colde shaking ague

Mutridatum galeni
Sirope of sticadosi
Trochisci de eupatori
Oile of delle
Oile of Sotherne Wood

To comfort a colde brayne

Electuaruu de gemmis
Aromaticu rosatum
Conserue of gladwen
Thiriaca galeni
Oile of mace.

To purge ye bladder of grauell

Antidotum Asmcritum
Benedicta Laxatiua
Diacurcumæ
Oximel duriticum

To aswage ye paine in ye bladder

Emplastrum de granes Laurelli
Mithridatum galem
Electuarium clusis
Siruppe de iuiubus
Oleum Cheiri
Trochisi de Alchachengi
Oile of sweete almonds.

For the Collick

Antidotum Asmcritum
Aurea Alexandrina
Diaphemcon
Trochisi de Roses
Oyle of camomell

For browses

Emplastrum de Palma
Unguentum aureum
Unguentu Potabile.

For paine in spitting

Emplastrum Caromum
Loche de Pino.

For belching of Wind

Diagalanga
Diatrion peperion.
Diatragacantha calida
Lohoch sanum
Oximele Scilliticum
Sirup de Calamimta.

For pame in ỹ back

Pelula fœtida maioris
Oleum de Cheiri
Oleum de Scorpionis
Dia casia.

To druwe forth broken bones

Emplastrum Oxicrocium
Emplastrum contra rupturas

For goute in ỹ feete only

Antidotũ asincritum
Benedicta Laxatiua
Mithridatum
Pilula de quinq generib
Mirabolanorum
Pilula fœtida maioris
Oleum Vulpinum
Unguentũ marciaton.

For ỹ Goute.

Take Rosen & May-butter make a Searcloth therof & lay it vpon the iorint infected. Brevis & medicina sed multũ valens & ptr omnẽ expectationẽ.

Mr H. Cholmeley.

For to comfort the hart

Diacorallium magistrale
Thiriaca galem
Elect: de gemmis
Siropl de acetosa
Trochisci de gallium muschata
Aromaticum rosatum
Conserue of roses
Diamber
Dia margaritu calidu:
Diarhodon Abbatis

For y yellow iaundize

Antidotum asmeritum
Diarhodon abatis
Elect: de ribis
Siropl de bizantum.
Thiriaca galem
Trochisci de cumphora
Trochisci de rabarbaro
Trochisci eupatorio
Friasandale.

For ye Ellica pashio

Antidotum asmeritum
Theriaca galeni
Mithridatum andromachi
Pilula sine quibus
Unguentu martiaton

For inflamation

Antidotum asmeritum
Cirotu stomachicum.

For Whot impostum in the stomake or liuer.

Cirotum stomacho.

For inward impostumes

Trochisci de rubarbo
Trochisci de eupatorio
Oleum Violarum.

For Whot impostumes in ỹ throate

Diamoran poti

For ripe Impostumes

Emplastrũ diachilon magnũ
Emplastrũ diachilon parvum
Emplastrũ diachilon album
Oyle of flowre dilice
Oyle of mastick

For inflamacon of Choller

Conserue of Violetts
Unguentũ rosarum

For paine of the liuar

Antidotum asincritũ
Diacurcuma
Pilula agregatiui
Pilula euphorbio
Trochisci rubarbario
Sirop of Citrac

To make a man Laxatiue

Antidotũ asmeritum
Hierapicra galeni
Conserue of Violetts
Diacasia fistula pro emmatibus

For heate of the Lunges

Diatraganthia frigida
Diardon abbatis
Triasandali
Sirop of Violetts
Sirop of Endif
Sirop of Endif compounde
Sirop de infusione rosarũ Veridiarũ

For coldnes of the Liuer.

Confectio dulcis de muscho
Conserue of mayden-heare
Thiriaca galeni
Trochisci d'absinthio

For ye hicop

Antiolatum asincritum
Sirop of mirrh.

For fallinge of ye heare

Oyle of baye
Oyle of Caste

For ache in the hipps

Auria alexandrina
Pilula fatida maioris
Pilula de gumq generib^2 mirabon
Oile of baye
Oleum Sulpinum
Unguentu martiaton
Unguentu Arogone

To purge the head.

Pilulę Aureæ.
Pilula cochia rasis

To increase heate in ye Inner partes

Antidotum asmeritum
Diacurmiu
Diambri
Emplastru stomaticum
Ode of Rew

For trembling of ye hart

Confectio de muscho dulcis
Conserue of Borage
Conserue of Longdebeef
Electuarū de gemmis

For ye heate of the hart

Sulip of Roses
Sulip of Violats.
Sirop of Violats
Sirop of endif compound
Siropi infusione rosarū Viridu
Siropo de succo acetosa

For heate of ye liuar

Julip of Violatts
Julip of roses
Mell Violatum
Electuariu catholicu
Sirop of violetts
Sirop compound of endif
Triasandali
Trochisci de Camphora
Trochisci de spodi
Unguentum rosatum

To purge ye head fol. 105.

Pilule Aurea
Pilule cochia rasis

For the Emrodes

Micleta
Pilula de Bdellio

For pame of ỹ matrix

Emplastrum de granis lauri
Oyle of sweete almondes.
Trifera
Antidotũ asmeritũ : good for ỹ mother

For all diseases of ỹ medriff

Mithridatum
Thiriaca galeni
Pelule de cochi rasis
Oile of spike
Oile of euphorbi

For the palsey

Antidotũ asmeritum
Canfectio dulcis de muscho.
Mithridatũ
Pilule de euphorbio
Sirop of sticados
Unguentũ martiaton
Diagrantũ frigida

To purge ye Reines of grauell

Antidotum asmeritum
Benedicte Laxatiue.
Oximell duriticum
Sirop acetosas, compound
Sirop of mayden heare
Sirop of Citrac.

For bleeding at ye nose

Trochisci de terra sigilluta
Trochisci de carabo.

To deliuer a dead childe

Thiriaca galeni
Water of Veruane
Water of sauene

To breake the stone

Auria alexandrina
Thiriaca galeni
Mithridatum
Oleum de Scorpione

For the faintnes of ye hart

Dia margaritum Calidum
Diasom cum manna
Auria alexandrina
Sirop of Sandebefe
Conserue of Borage. //

To prouoke sweate

Oyle of Delle
Oile of Cummine. /

To stopp sweatt

Rosata nouella
Oyle of Quinces
Oyle of mirts.

To staie Vomiting

Aromaticu cariophilatum
Diria simplex
Rosata nouella
Sirop of mints.

For ye roughnes of ye tongue

Diatragantha
Diamoron potio
Sirop of Violats.
Oile of sweete almondes
Oile of Violatts

To breake Wynde

Antidotum asmcritum.
Aromaticu gariophilatum
Pilule aurea
Diagalanga
Diacurcuma
Eylectuariu mde maioris
Sirop de eupatorio
Oile of sweete almondes

For Wormes in ye bodye

Pilula contra Lumbricos
Sirop of Lemmans.
Oile of Wormewood
Hira picra galem
Mithredatum
Unguentu contra lumbricos.

Vnguentũ aureum for vlcers or wounds

℞ oyle olive j lib. ß new waxe j lib rosme. ℥iij. therebinthinæ ℥iij. melt all these together then ade in the collinge franckinsence & masticke made into very fine poudder an.ª j.℥. Suffran in powdder. j.ʒ. mixe them well together & fiat

A strong vnguent for an old sore.

℞ hony and whit wyne viniger of the best an.ª j pinte verdegrese made in fine powder. j.℥ roch allum ℥ß. boyle all together till it be Reede

A weaker vnguent for an old sore.

℞ waxe. oyle. rosin piche. an.ª j lib. melt them all together & strayne them into a cleane vessell. mixe them well till they be colde. and so kepe it to vse

An vnguent for the scabb.

℞ enulæ campanæ rotts boyld in stronge viniger Swyns grease & oyle an.ª ℥iij. wax ℥j comon sult in powder. ℥ß. terebinthinæ. ℥iij. the Juyce of fumeterre and lymons of ech half a pinte boyle all together till the Juyces be consumed if you will haue it stronger put into it ij ℥ of quicke silver killed in terebinthroz.

A good playstrr for wounds

℞ the Juyce of smallage. plantlayn & bettony an.ª j pinte wax rosin terebinthine an.ª lib ß. boyle alltogether till the Juyce be consumed & fiat

Emplastrũ nigrũ.

A playster for old sores

℞ red lead made in fine poudder lib j. oyle lib. ij. viniger. j lib ß boyle all together till it be black and like a playster & fiat

℞ Deer-suet, Red & white-Lead of each 3 ounces. Sallet oile a pinte. Bee wax 4 ounces. good white-wine Vinegar a pinte Boyle all these well together untill it be Blacke &c Dr Butler. ℞Probatũ.

116. To maks a clyster.

℞ the rootes of mallowes & lillies. an^{a} ℥ij. iiij figes. the leaues of mallowes. violets. mercuri. camomyle and dill an^{a} j ma. aniseed. foenugrece. and lyne seed an^{a} ℥ß. boyle all these to gether in fresh flesh broth to a pnt. when it is strayned. put ~~[illegible]~~ Gen. & diuiti laxatiua & succo rosaru. an. ℥ß. honye & fresh butter an^{a} ℥j. sweet oyle ℥ij. gene it warme.

A potion purgatiue

Infuse ʒ iij of senæ. & ʒ ij of rubarbe in buglose and burrage watter an^{a} ℥iiij. a littel stick of cinamon brused. let them stand all night on whoot embers. in the morning strains it, and put to it confectionis hamech. ʒ ij. sirup of violets and roses. an^{a} ℥j drinke it

The preparatine to take before is no other thinge but this aboue written. but then leaue out hamech and take half the sirups. Remember after you purge you take som comforttabell thinge for the stomack. as consern of roses. or buglose or quinces

Stroppe one drum, a fillf of Rubarb and apple mixt in the water of tyme, and drinke cast ouell the nexl ahwarings and drinke that when it is the of the short [illegible] morning, fasting the [illegible] [illegible] drinke [illegible] [illegible] but drinke a drauggf of the hucher, wherein the [illegible] [illegible] put any bread or fruit into the broth

Drinke that doth the short fight
one houre before dynner: and
Eddie & Bigamber five houres after
five dayes after Rubbinde the bed
fide wth hotrelhes at most and
keepe the warme on the face fight
most, that Amosiddes was a fittle
fiyer is good for to dat one
fleep deram at any hymes abse
dott sparingly vse the Ende/

A clister for the winde in any part of the belly or wombe.

In 3 quarters of a pinte of poffit-Ale put 2 drames (the vs, the weight of 4 groats) of Holland-powder. 3 spoonfulls of Sallet oyle, & 3 of course-Sugar & a little peale — make it a clister, & take it once, or twice a weeke.

the Lo Slingesby.

A Glister for the Jaundice & Senvy &c:

Take a quart of poffit-drink made of small beare put therin an handfull of Camomill-flowers. halfe a spoonfull of fennell seeds or Anice seeds, boyle it fro a quart to a pinte. put thereto 2 spoonfulls of the syrop of Damask-roses. & 2 spoonfulls of powder-Sugar

Dr Bastwick at York

for the same.

Take 6 or 7 Bay berries beat them to powder with 2 pepper cornes & drink it in a cupp of Canary-sacke an houer or 2 before meat & walk after it./

Or, Take an Orange & eat it skinne & all

Or, Take Broome-ashes & put them into a pottle of White-Wine keep the bottle stopped & shake it twice or thrice a day. then strain it fro the ashes & drink one drangle in the morneing, & another in the afternoon, mixed wth a spoonfull of the Syrop of Succory wherein Rhubarb hath been steeped.

A Glister for ye Spleane or mrd

Take a pint of Sack and adde unto it one handfull of the Camomell flowers, of lineyrids and Commyseeds each one ounce let them boyle gently till a thirde part be consumed, and then strine the liquor, and put into it the electuarie called diacatholicon dissolved in the sack and about 2 ounces of the oyle of Dill for a clister to be given ~~[illegible]~~ at anie time of the Day

To make an Earnyngbage

First lett it gang two dayes then wash it very cleane in faire water and pick the earnyng that is out of the Bagg and wasse it well in milke and put the Earnyng into the Bagg againe with two or three eggs new layed being broken shelles and all, and put to it a little mylke some mace and Cloves and pepper being beatten and salte to the quantitie of a walnott and after ward taste a little salt on the Bagg and gange it to drye then make bryne of water and salt putyng therin a little whole Mace and Cloves with a leafe or two of Sayge a little Clowre and Sawafridge and then let your bryne being cold stand and put in your Earnyng bagg to steep and doe not wase it till two or three dayes after

To make fine Creame Cheese.

Take three quarts of the stripings three quarts of fresh Cream but put into your Creame pott three or foure peices of large Mace and put to your Creame a little carring mingled with two spoune fulls of Rose water and a little Safferan, when it is tome take it up and lay it in the pressfall with out breaking and presse it downe with your hand then lay it in a fine Cloath and presse it with a halfe stone weight, and turne it twise or thrise in two howers then rubb it over with a little Salt and let it drie

To make fresh Cheese.

Take a potte of very new milke sodden with flower Eggs (continually) stirred then put the same into five or six peices and stiue them well that it creame not then put the same milke all into one Vessell and put therto some Rennet as you doe to an other Cheese, and when it is tome put among it Sugar Cynamon Rose water and what else you think good

To make fine Puddes and Creame

Take fiue yolkes of Egges and two yolkes and beate them together then take a pinte of sweet Creame and mingle it with them and streane them together and then put them into a kettel and put to it a branch of Rosemary a nutmedge bruised and a grane of Musk put these in a lowne sloake and set it vppon the fyre and stirre them well for burning when it begines to come put in the iuice of an Orainge or Lemmon and a little Rose water and when it is well boyled take it of and let the vapor vanne from it in a faire sloake then season it with Sugar and boyle the Creame vnto you seruice vp in, with the yolkes of Egges and Rose water

To make Pomanders

Take Amber greace 32 graines Musk 44 graines Ciuett 16 graines Bloud Beniamin 6 graines Storaxes 15 graines Labdanum 6 graines Sandraggon steept in Rose water very fine and beat them in a stone morter to strong paste and then mould them

To preserue Plombes greene

The best Plombe to preserue greene is the wyle date Plombe, the best time to preserue it in is the latter end of Julie, take a brode skell with some faire water in it and sett it on the fire and make it reddy to seethe then put in as many Plombes as will stand one by another and seethe them on the fyre, then sett on with another skellett of faire water and make it boile, and when you see the Plombes a little settled in the first water take them up and putt them in the second, then sett on the first water and make it boyle againe, and putt them into the water keepyng them close couered all the time of their being in the skellett, but lett them not boyle till the stum be taken of, then take them up and pill of the stum, and sett on the first water againe and make it boyle faste, then take your Plombes hauing the stum taken of, and putt them into the water letting them boyle leasurely and being close couered let them boyle in this liquor till they be as greene as you would haue them, then take them up and lay them one by one till the water be cleane runne from them then weigh your Plombes and to euery pound thereof take a pound and a quarter of sugar finely beaten, putt into the bottom of a brode d

Same of your sugar and lay in your Plombes one by one, and as you
putt them in rouer or roll them in the Sugar, and to a pound putt
halfe a spoonfull of water leff them boyle leasurly for 3 quarters
of an houre still turning them in the Sirrupt, then take them from
the fyer and when they be thorough cold putt them up, and keepe
them neare the heate of the ffiar

To make Marmalate of Pippins

Take a pinte of faire water and a pound of Sugar boyle and
skim it very cleane, then putt in a pound of Pippins quartered
cored and pared, and leff them boyle a prettie while, till they be very
tender, then take them of the fier and breake them in small peeces
wth the barke of a Spoone in a Silver Porindishe, then putt them
againe into the Pann and gave reddie two or three oring Pillers,
being very thinn and finelie cutt, they must first be watered a day or
a night and boyled verie tender, likewise you may putt in the Iuce
of 2: or 3 oringes and so boyle it till it come from the bottom of the
Pann, and then putt it into your Boxes and leff them stand couered a
day or two, in some place neere the ayre of the fier, If you have
not fresh oringes you may take oringe pillers preserued. /. /

To make Suger Plate or Losing Comfits.

Take galle a pound of Duble refined Suger finely searced and put
therto a little gumdragon steeped in Rosewater and a little muske
or Ambergreece (finely) ground. then mingle it well together in a
stone morter (till you may) worke it like paste then roule it out very
thinn and cutt it into little losings or pirmites, you may) make the
like wth the pouder of Violetts, Roses, Marigolds, Mellerionum
Cinamon or such like, but in those you shall need neither muske nor
Ambergreece, you must put into the iuice of Roses a little of the iuice
of a Lemon to make the colour orient, you may) likewise make Sug
Plate wth the iuice of Ele aspis wyfe or read wth the pouder of Orin

To make Cakes of Sprecrotts Peare plombes Pearges or Quinces.

Take your Sprecrotts and boyle them but not to much then scrape
the meate from the skinn and stone then weigh it wth the same weight
or more of good Suger then dry your Stuffe in a dish upon a skie
and make your Sirrupp wth a little fare water and Suger and
boyle it to the height of manus christi, then boyle all the stuffe tog
and put it upon plates then sett them in an all most cold Oven
once or twice and kept them in a Stove or drying place.

To make Paste of Genoa

Take vinder of eringobone pounde, the vinder of Lemonds halfe a pounde water them well. and boyle them till they be tenuder then take halfe a pounde of Potatoes or Quinices rosted pounde them together in a Morter puting to them one graine of musse, and a little Rosewater, and when you see them into fine past put to them their weight of fine Sugar finely searced with the white of an Egge, pounde that a new untill you have brought it to fine paste again, then make it in some Beades to the bigynes of a Tennis ball, then put them upponn oylede tyles into an Oven and lett them drye but see they geatte not to faste, then wash them ouer with the white of an Eyge and Sugar ./.

To make quinie Cakes

Boile your Quinices very tender then pare them and take the beste and softest of them, to halfe a pounde of them, take one pounde of Sugar beate it finelie and putt unto it as much water as will moisten it and lett it boile untill it be reddie to candie, then putt in your quinices and lett them boile together untill it will not stike to your fingers

Apples being well then gaue your molde reddie wt a little fine Sugar
sorted vppon them and so putt on your quinces of what thickness
you think good and lett them lie vntill they be cold then sett them
before the fiere to dry. / / /

To make Paste of Oringes /

Take fare sir rolled Oringes pull them and wringe out the Iuce and
boyle them till they be very tender, Shiffe your water often in the boyling
till it leaue to be bitter, when they be boiled tender pressé out the
water gard betwene two trenchers, then beat them well in a stone
morter when they be well beaten straine them through a fare Searce
take to euery pound of Oringes so beaten, a pound and a halfe
of Pippins being boiled and strained, then mingle your Oringe
stuffe wt your pippine and beate them well together wt a spoone.
take the weight of those two together in Sugar being finelie beaten
and put it into a Pann or Skillett put to it a smale fare water as will
well moisten it, then set it ouer the fiere and let it boile vntill
it come to a manus christi, then put in your Oringe and pippine
stuffe into it and mingle them well together, sett them ouer

PHOTO

Ouer the fiier and boile them altogether till it will not stick to your nett fingers, then take it up and make it into Cakes or other devises as your selfe shall think good. /.

To make marble Paste.

Take of the aforesaid rolls that you like best and roule it out somewhat thinn, then take as it were a white and a rede flower one upon another and rull it out the longer way and it will be mittlarded like Barrom then sett one peece by an other and close it the lrode way but you must observe to ioyne a white and a read together and your white to be somewhat thicker then your read or otherwise, and when you have closed it soe sett all ends a peece of the same, then roule it further both ways untill it take like gamlett wainscott and so cut it out in peeces or losinges: If you will make of the lesser sorte you must lay your peeces one upon another and roule it upon aforesaid and cut it out the longe way and close one end to another the long way, then role it up againe and cutt it sideways in little peeces and roule it out, and so sett it dry. /.

PHOTO

vide hup pag 59.

Ointmente for Stripes, Bruises, Knots, Stiffes, Palsies, Lameness and Crampes / of Green-Ointment.

Take Sage and Rue of ech a pound, of Wormewood and Bayes ech halfe a pound, Geepes suett, Creame pirked three pounde, Stampe all these together, till none of the Suett become. then putt thereto one pottle of Sweet oyle olive, worke it (very) well together then put it into an earthen pott and couer itt close, and let it stand x) dayes, then take it out mouldie as it is and breake it into a brasse panne and make a soft fi[illegible] under it still stirring it, till the herbes may) faud, then take it off and lett it coole, and straine it then putt thereto two o;; of oile of Spike, and stirr it well together and soe putt itt vp in [illegible] Bottle and when you vse it warme it.

To make Cirrupp of Limmes

Take Conduit water halfe a pinte, white Sugr halfe a pounde boile them together till halfe the water be consumed. then putto

PHOTO.

them a qtt of a pinte of white wine vinniger, and lett them all
boile againe together untill they come unto the consistance
of a Sirrupp still takinge awaie the Skyme verie clean

To make Almond Ginger-bread

Take Jourden Almonds blanch them in faire watt warme
but put them presentlie into fare colde watt as you blanche
them lie the Almonde in a faire linnen cloth and beate them in a
stone Morte a verie little white, then put two or three spoonefull
of creame rose watt to keepe them from oileing this done you must
beate them very neare an houre, and put in that quantitie of
Sugar finelie searced that you thinke will make it sweet enoug
it must be bett exceedeing finelie, and ever as you beate it pull
in Cinamon and Ginger finelie searced, when it is sufficiently
beaten mould it and printe it in Cinamond and Ginger but
noe Suger, when it is made it must be kept upon paper in
a Box neare the fier. /.//. /

PHOTO.

To make a Pagisse Pudding

Take a halfe Crindle, a quart of Creame, halfe a dozen Eggs, a Manchett, a pound of Currants, wth Cinamon, Ginger, Nuttmegge mace and Cloues, and Sugar, and a little rose water, a quantity of Sowe meziorum, pennyroyall, winter Sauory, and Camomill shred all these small wth some mutton suett emongst them, putt them into the Bagg and soe boile it.

[illegible] Sauteage

Take the Fillett of Porke wth some other parte thereof that is fatt and leane well mixt and not Sinowey mince then put it into a morter, wth a little small bett Cloues and mace, a little quantitie of grosse pepper, and nuttmegge beaten, sage winter Sauory and time mince them small, then put them together wth soe much salte as is fitt for the seasoning, then lett them be well beaten and put

PHOTO UNTOUCHED

Putting thereto the yolkes of three eggs or more attording to the quantitie of your stuffe, after the beating, if it doe not appeare fatt enough mince some beefe suett and putto it ye ropes being steept a day or a nigh in rosyte wine, then make them vpp. ||||

To make ffine Suett. ||||

Take the kydney of fine mutton Senoett or lambe, and pill it cleane and beate it with a wodden Pestell in a Marble morter, then put it into a fine earthen Pipkin and two marigy mallow rootes cleane picked with the pith taken out and bruised and stopp vp the Pipkin and let it boile vpon embers, then straine it and beat it with may due of a ycare olde into a purstand dishe

To make a Skirrett Pie. ||||

Boile and pill ye Skirrets and put them into ye paste, and season them with Nutmegge a little pepper and wyole Mace, and a quarter of a pounde of

132. of Sugr and a few berberies, then take the marrow
of six bones being broken, and put them in colde water
then take the yolkes of three eggs beaten and put the
marrow into it, and rowle it up in the eggs till it
haue taken all up and so lie it into yo paste, then take
a quart of a pound of dates and cutt them take out
the stones and the white, and put them in, then take sweet
butt brake it ouer all your dates wth it, and so close
it up and after it is baked take a penny pott of white wine
a smuch of white wine vinigar, a quart of a pound of
melted butt and a quart of a pound of Sugar mix
all these well together and powre into yo Pie and so
serue it

To roast a Shoulder of Mutton.

Take a shoulder of good mutton, and take halfe a peike of good Oystars
wash them well and draine the water cleane from them, take the
toppes of Rosemary, time, and Persley chopp them small, also the

THE PARAGRAPH AT THE TOP IS PHOTO.; THAT
AT THE BOTTOM IS TRACED BY HAND.

The yolkes of three yard eggs, wt a prēmem and an Onion minced altogether, putto a quantity of grosse pepper, and fower spoonefulls of wine vinniger mingle all these together wt your Oisters, then stuffe yo Ecoulder of mutton being fare washed then wt and baste it wt sweet butter, when it is rosted take 4 spoonefulls of white wine vinniger and put it to some of the grauie and so serue it. /.l./

To boile a Carpe

Take a good Carpe and cutt his throte, take out the gall from the Kewill, then cutt tere protiges in his barke, take salte and rouze him very well, and wash him in fare water, take then halfe a pinte of wine vinniger halfe a pinte of white wine halfe the Iuice of a Lemon, two fare Ratis of Ginger sliced halfe a quarter of an ounce of large mace, a fewe toppes of Time and rosemarie, wt halfe a pound of sweete Butter, put all these into a deepe dish that will containe your Carpe, put in three spoonefulls of Salte, set it on a Gratindish of Coles tie it boile, and then drie your Carpe very fare, and put into the

PHOTO.

the dish and power him; and boll him boile a quarter of an houre, then turne him, and put in a quantity of more salt, let him boile another quarter of an houre, then take a manchette and put in toaste, and either toast them or fry them, and lye them in a faire dish, take also a quarter of a pound of sweete butter, power spoonefulls of wine vinegar stirre them together till the butter be melted, then take the Carpe out of the broth, and lie him upon yo[u] Sippette, and poure yo[u] Sauce theron, wth a good quantity of beaten ginger strowed upon it, and so serue it.

To make Puffes.

Take a Porringer full of Cooke curde and brake into them power eggs, then putto them a handfull of sugarate flowers some Nutmegge, and make them up into little Rouels and set into the Oven upon a paper being well rubbed

rubbed with butter, and serue them vp with butter and Sugar.///

To make Pantales.//

Take vp fyuee yolkes and a pinte of Creame and halfe a pinte of Sacke, Nuttmegges and Sugar as much as will season it make your Batter of a reasonable thicknes with flower and so fryd them

To Crame Capons.//

Take fine wheate meale and mingle it with Sugar or honey and so make it into knowles, and so you may make a Capon fatt in fiue dayes. But the wheate meale must be moulded with Butter or Sweete.///

To make Manus Christi.

Take half a pound of refined Sugar, & some Rose-Water, & boyl it till it come to Sugar againe. then stirre it a little about & putt in ye Leaf-gold; then cast it according to Art into little round goblitts. & soe keep them.

To make paste of Quinces, Plumbes or Barberies.

Strein ye pulp & take ye weight in Suger, & boyl it till it be as thick as it may stand on a Rye-plate, & fashion it some like Leaves & some like Blumes wth their stones & stalkes in them. then put the in a warme Oven, when it is hard & drye. then turne them & dry ye other side in an oven after ye bread is drawn. then being kept dry ye may keep the all ye Year.

To make Paste-royall of Marmelade.

Take of this paste & molde it up in searced Suger till it come to perfect paste. then print it wth ye moulds & drye it in an Ouen after ye bread is drawne. then bose it up being drye. If they chance to be mozed dry them in an Ouen again as before.

To make Paste of Genua.

Take of ye pulp of Quinces as as much of Peaches & strein it & dry it in a Platter upo a chafingdish of Coales. then take ye same quantity of Suger & boyl it to ye height of Manus Christi. then lay it upo a Rye-plate and fashio it as ye please. & soe dry the in an Oua as ye other before.

To make paste of Pippins.

Take ye Pippins pare them & quarter the, then boyl them in fair Water till they be tender then strain them & dry ye pulp upo a chafing dish of coles. then weigh it & take as much Suger as it weighth & boyl it to Manus Christi & putt the together. then fashion them upo a Rye-plate & putt them in an Oua being very slenderly heat. ye next morning ye may turne the upo ye bottom of a Sieve wth Paper under them, & soe putt them in an Ouen of ye same heat again. & there lett them remain 4 or 5 dayes putting every day a chafing-dish of coles into ye Oua till they be dry.

to bake venison in a good crust

Take yō side, or fouch of venison & wipe it w̄ a cloth, y̌ bones being out, salt it fitt for yō pasty, season it with pepper & salt. Lay it in presse, if yō please 2 or 3 days; then take to a peck of fine wheat flour. 4 pound of butter broken into litle bits & sor wrought to ye flour w̄ yō flour, lay it a-broad at yō table & take 18 eggs but 9 of y̌ whites, & sor & worke them in very well, then sprinkle cold water & still work it till it be well in stifness, pluke it in little peces 3 or 4 times over & then mould it & roll it fitt for your pasty. lay-ing minched suitt under y̌ meat, & a narow peece of past a-bout it.

take y̌ fatt of y̌ kidnie of a loin of veill & cutt it in litle long peeces, role it in Nottmoge & salt mingled together, stoy yō lege of veil w̄ it & w̄ herbes but make y̌ holes deper. prick a peece of kell over it. y̌ sauce is butter & vinikar Nugmoge salt & a little suger. cutt off y̌ bone end & set it up-right

to make puff past

Take a quantity of fine flour - 4 whits of eggs, a little rose water or other cold watter, mold yo past together & beat it w yo rolinpin. for y stiffer yo make it, y better. then role yo past forth & lay y butter on in bits, turn it vp of both sids & so do it 4 or 5 times & then make it vp. yo may lay a bitt of a little paper & so sett it in y oven to se if it rise,

yo must be sure to beat yo butter, w a rolinpin, till y watter be very clean forth of itt,

a nother way

Take a pound butter & a pound of fine flour meale 2 whits eges, as much watter as will make yo past very stiff, then role it out, & spread yo butter on it all one way & strow a little flour over it & faye it up and clap the butter in & so do yo butter 4 or 5 times as you did before, work yo butter & lay it in watter over night to make it stiff

to season a flouryntine with the kidnay of veal

Take yō kidnay shred it smal; 2 apples shred them smal; 2 eges; little sofrwater; sinamon nottmoge some suger; a little cream, & som candid coringspils cutt smal, currans & vinjons, a date or tow; if yō pleas;

To make ginger bread by Jos Shopers Receipt

Take 4 pound of Treacle, 1 oz of Carraway seeds, 1 oz. of powdered ginger a slice of butter. mix these severally into 3 lb. 1/4 of flower, adding 1/2 pid of Orange & Citron sliced — mix with ye Treackle 2 spoonfuls of good yest & 3 spoonfulls of brandy. and work these altogether Just before you set it into ye Oven butter & flour ye Tin pan

It will take an hour & half or Two hours. Baking

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Another Ginger bread Cake ——

To three pound & an half of flower put 3 pounds & an half of Treacle, two ounces of Ginger finely beaten and sifted one ounce of sweet Fennel seeds D° Carraway seed bruised four spoonfulls of Safft D° Brandy. add a little yest. The Oven must not be so hot or two hours. It will take an hour & an half baking

Another which my master Davison liked best for his pocket when an hunting

To 3 pounds of Flower mix one ounce of Ging^r 1oz of Carrawayseeds 1oz of Corriander Seeds beat fine then these sperally with the flower, and add a good slice of Butter. Then take Two pounds & three qrs of Treacle mix into it Two or three spoonfulls of yest & 3 Spoonfulls of Brandy & ½ pound of Orange peal ——— Bake it ~~least~~ Two hours at least

A note howe to die blowe
out of white.

Imp: Take: 12: yalls and of rhambizlee
be sett it on the fire; then when it
is almost at boylinge, take the
scumbe clene of it, and then
take it of the fire, and lett it settle
then clere it, and take a qrte of
a pownd of mirro, mingle them to-
gether; then tayke no cloth or woole
or any other thinge dirtable, and stirr
them verie well about, for feare of
spottinge.

Howe to die poxeminate
Green, out of white,

Imp: To xij th of woole; taike one
pownde of Allome; Boyle fayre
water, and when it is at boylinge
put no Allome into it, (wch being
molted, put the woole into it, and so
boyle them together, for the space of
three houres, then taike it of the fire
and coole it, and put out all that
water, then taike more faire water
and grene grasse, and boyle them
together one houre, and then taike
out the grene grasse and put no

PHOTO.

wools into that water, let them boyle for
ouer q^ter of an houre, and then taike it
vp, and wringe it verie harde, and put
it into yo blewe fatt. /

How to dy a fresh green /

first maike it a good blewe, then wasshe
it vp in faire water, then taike Allome
according to the first proportion, and boyle
it three houres, adding when yo vse any
allome; then taike it vp. then taike faire
water, and green grasse, and boyle them
an houre together; then taike out yo greene
grasse, and put halfe a gallan of chambers
into yo greene grasse water, and then
put the woole into it, and stirre it about
for feare of scotteinge, if it be woole
wringe it, and wasshe it, if it be Clothe
hange it vp, vntill it be rohe and then
wasshe it. -/

How to dy a watched
Colour.

Item: put yor ~~blume~~ wooll into the
blew fatt, and make it a reasonable
blewe, then wringe it up and wasse
it, then take faire water, and a little
allome (very molted) put them together
boyle them one houre, and so take it
up and wasse it.

How to dy a sea water greene

First yo must blewe it, and wringe it up
then take a pound of logwood, and eight
yeardes of cloth, and boyle it with
greene grasse, and allome, three houres
then cool it, and then it wille be a sea
greene!! & fair blew will make a fair
greene.

How to dy a mouten haire
colour out of white.

Take one pound of allome, and vijth
of wooll, boyle them in faire water
three houres, then take fourte that
water, and put in faire water and
greene grasse, and boyle them an houre
then take out yo greene grasse and
put in rotten tree, and halfe a gallan
of chamberlea, and boyle them together
untill yo thinke it be a faire rollour.

PHOTO.

How to dye a tight stamell migrane out of white.

Taike a pound of Allome to yo pound proportion of woolt, and boyle it in faire water thre houres, then taike it fourth and wasse it verie faire, then taike faire water, and then taike thre ounces of stuttgeneale, well beaten to smale poder and one pennyworth of arsmirke, and two pennyworth of mirrurad, beat them all a stidall, and put them all togeter of a poder disse dric, and mingle them with one spontfull of wheat flour, and then devide them into two pote, then taike one of the pote, and put them into yo faire water, when it is almost hote, and then stirre it well, and then put in yo woolle, and let them boyle halfe an houre, then taike it fourth and wole it, and when ye woolle or cloth is rolle put in the other pote, of yo stuffe into the hot water, and stirre it well, then put yo woole or cloth into the hot water againe, & let it boyle halfe an houre, then yo may se when the colle is faire, and so taike it up & wasshing it very well.

PHOTO.

To maile a fuzze scarlett out
of whit for fowr yeares

Take fare water and when it is at boyl-
inge, put halfe a peck of wheat brane
to it, let it boyle halfe a qrt of an houre
then put it into some tubbe for a fortnight
to mauke sower, and every day stirre it
about, then take fuzze water and set
it on the fire, and put some of ye sower
brame-water unto it, then when it
boyleth, put ye of Allome unto it
then put in ye clothe or woole and
let them boyle togithe[r] thre houres, then
take it up and roole it, then put out
that water, and take the rest of ye
brame water, and one gallon or two of
smale drinke or droppinge, then put
in ye cloth or woole into that, and let
it boyle togithe[r] one qrt of an houre,
then take it up and roole it, then
take thre ounces of sutterbenecale
one pennyworth of madrace, one
pennyworth of arsmarte, one penny-
worth of Orgill, beate them sevallie

PHOTO.

very small then mixed them together
then take one quart of a pound of farr-
nandilworke, and put them all together
into the said Kirkor, and then put in yo
blote or woole, stirringe them very
well, and so let them boyle for halfe
an houre, for feare of spottinge, and
then take it up and roole it, then
put into that Kirkynor, a quart of a
gallan of chamberlee, stirre it well,
and put yd blote or woole in agayne halfe
an houre, but in any case stirre it well
well, and then take it up and roole it
and beinge wolde wasse it very faire.

How to dye a purple ingraine

First make it a good blew, then allome
it fyre houres. then wasshe it up, and
put it into the stamell Kirkynor above
said, and when yo thinke it faire take
it up.

for a water dye drawe it through
yd stamell fall then blew it then
boyle it in allome.

To dye yallowe: taike Crawtrobarke and boyle it an houre in faire water and then take yp ye barke, yis it be for a doyon of clothe upon a gallon of allome, boyle it & the clothe in that liquor, both togethe, one houre, yis yo will haue a strange yallow put in mastring to it

yis a gode my yallowe taike it fordy and put in a skoole full of Chamberlea, and stirre bat about and then taike it forth, & put it into yo hoote liquor againe, and stirre it but about and taike it forth againe then drie it & wasse it after it be drie at yo leasure

For purple ~~violet~~ violit, taike a pound of Allome for vij yeardes of clothe and boyle it in it, for ferd howrs shifte forth yo allome water, and wasse yo vessell cleane, and then fill it full of faire water, then taike a pound of logwood, in stutthenedale vij Cuttes when it is very warme then put it in, then let yo logwood boyle a qrt of an

PHOTO.

(houre then take yo stone and put it in, and let it be in till it be verie faire, and stirre it well for feare of spottinge)

to whiten fine yarn, or Clothi:

Take a quantity of chamberlye according to ye larg-ness of yr web, & put in as mock new cowe dongue, as in yo discretion yo think will suffice, then mingle wth ye chamberlye & rub it well w yo hands, till all the lumps be broken, then lay in yo web when yo have washed it out of ye soulinge & dryed it, & soe lett it lye ye space of 2 days & 2 nights; then take it out & wash ye cowe-dunge cleane fro it in fair water, then lay it forth a day & a night, & turn it & soe lett it lye again a day & a night, alwayes wattering it, soe that it never dry. then wash it cleane in fair water, & bub it & lay it in a buking tubb. then lay on yo Ashes & take yo Ashes & boyl them in fair water, & soe power them on & soe lett it stand all night, in ye morning drive it & bat it out, & soe lay it out as before, yo must ve-=member that every day yo bat it out in fair water & sow a little peece of cloth on ye one side of it, whereby ye may know to turn it right, this yo may doe twise or thrise, both for laying of it in ye cowe-dunge & for buking of it; yo Ashes must be either of thistles, brukons, whines, or Ashe; all must be burnt before they be (throwe dry

Likewise your yarn must first be washed out of the Sowling. then take a good quantity of Ashes & boyle them well in a kettle till the strength of ye Ashes be in the water, then take it off & Lett it stand till ye Ashes be all settled to ye bottom, then take clear thereof & boyle your yarn therein, the space of a-hour, & lay it out in ye Rye 2 days & 2 nights, watering it very well, so that it never be thorow dry, then batt it up in fair water, & so dry it;

a nother way to whiten cloth, or yarn,

Take a pound of burnt Allobilaster, finely beaten & put it into warm water, & stir it well together then take 20 yeards of cloth, washt out of ye sowling then lay in yo limme with as mock water as will cover it & Lett yo limme lye in this water, 24 howrs stiring it 3 or 4 times, during the time it lye there in this liquor, then lay it forth in fair weather & water it 2 or 3 days, then bucke it, that done lay it forth, & water it 2 or 3 days aguine, then lay it in your whiting 24 howrs more as afore-sade stiring it 2 or 3 times, and at your discretion dry it up, & shall it need small batting;

for yo yarn take ye same liquor as afore sede so shall you not need to seeth yo yarn.)

Lay in yo yarn the space of 2 days & 2 nights, then lay it out, wash it forth & dry it without anie beating, & after it is whited 2 or 3 days, lay it in the like liquor 24 howrs more, & take it and make it fitt;

Doctor Stephens water

as ye Arch. Bp of Canterbury gott it of him a little before his death. See my Bro: Sir Robert Cholmeley's book entitled in

Take a gallon of Gasconye wine, ginger, gallingall Sinnamon, nutmegs, Cardamon, graines, Cloves, Annisseeds fennell seeds, carraway seeds, of every of them a dram then take sage, mints, rosses, time pellitorie, rosmarie wilde time Cammomile, and lauander, of every one of them a handfull, then bray the spices and herbes, and put all into the wine and let it stand for twelue howers stirre it diuers times then distill it in a Limbecke and keepe the first water by it selfe for it is the best And keepe also the second water which is good, but not like the first.

To make vsquabaughe

Take a quarter of a pound of liquorice, scrape it cleane and bruise it, and cutt it into small peeces, then take a quarter of a pound of rasins of the sunne, and stone them a quarter of a pound of dates, cutt and washe verie cleane then take a good spoonfull of Annisseeds bruised. then put all these in 3 quarters of Aqua vitae, and soe lett it steepe 24 howers, shaking it 3 or 4 times, then put it from the ingredients into a bason, put as much suger to it as will give it a pleasante taste, then let it ranne through a Jelly bagge once or twice, and soe keepe it

Another way to make vskabaughe

Vskabaugh.

Take a pottle of Aqua vitæ, and therein steepe, of Sinnamon mace, and cloves a quarter of an ounce, and of nutmegs and ginger of each half an ounce, of Carraway and Colleander seeds half an ounce of each, of Liquorice sliced two ounces of raisins of the sonne a quarter of a pound put into it two roots of Elacompana, Succorie, Cumfrey and fennill a little muske, and two ounces of suger candie. lett all these lie in steepe fower or five daies, and lett it runne through a cotten strainer.

To make rosa solis

see pag: 160.

Take a pottle of the best aqua compasita put it into a gallon glasse, and put therto a pottle of the hearbe called rosa solis cleane picked, and lett it stand three or fower dayes close stopped then take one ounce of ginger bruised, one ounce of Cinnemon bruised a quarter of an ounce of whole mace, two spoonfulls of Annisseeds bruised, a pound of white suger Candie, and 20 dates cutt in small peeces, and put these into another gallon glasse, and put therto your aquacompolita, strained from your rosa solis, and soe lett it stand untill you have occaston to use the same.

To make aqua mirabilis

Take Gallingall Cloves, quibibis, ginger, melhats cardimoma mace, nutmegs, saffron, agremonie, of each of these one drame and of the juice of sallindine.

To make Vshabaugh.

Take a Gallon of White Aqua-composita & putt it in a vessell. then take a pound of Musk-comfetts; an Ounce of Cynamon, 3 stickes of Lycoris, & an Ounce of fine Sugar. Bruise all thise & putt the to ye Aqua-vitæ & let them remain there 12 daies. and stirre the well every day, & then powre forth ye Syrop fro the rest as clean as you may. & this is ye perfect Vshabaugh.

An excellent drinck agt ye Plague

Or. Muskadine.

Take 3 pintes of Malmesey, an handfull of red Sage, as much of Rue, boyle thise to a quart then strein out ye herbes, then take an ounce of long-zepper ginger & Nutmegs all beate small in a Morter & put into ye Wine & boyle it a little, then take it off & putt into it an ounce of Methridat

For Rott Angelica Mat.

2 ounces of ye best Treacle, & a quarter of a pinte of Aqua vitæ, & putt all into ye Wine & for keep it. / Note this is to be vsed

Any ye fear ye Plague & are not Infected, may take 2 a week halfe a spoonefull of this drinck at a time. & If any be Infected take a spoonful of it (as soon as ye party thinketh himself infected) lukewarm & for goe to bed & sweat 2 or 3 houres, & then dry ye body well & keep warm & drinck noe Cold-drinck but warme drinck & Caudles, & Posset-drinck wth Marigold leaves & flowres, when ye party hath sweat, & is well dryed wth warme clothes, & for long as ye party is ill take a spoonfull morning & Evening.

Mr Rutkin his Receipt. or Mr Burgar.

Another for ye Same.

Take red-Bramble leaves, Sage, Rue, Elder leaves of each one handfull. strein ye juice into a quart of White Wine. take 2 spoonfulls once in a weake.

Mr Gu.

To cleanse an infected-house.

Stoppe vp ye chimneys & windowes. then take tallowe, tarre, pitch, foot & vineger boyl thesse in an earthen-pott vpon a chafing dish of coales & make a perfume.

ye La: Selby

For ye Rickets, (in children.)

Take Succory, Colts-foot, Scurvigrass, Lung-wort, Fumitorye, Sanicle, Hey hock stamp them put ye juices over ye fyre, clarify it wth whites of Eggs, then strain it again, put to every pinte of juice a pound & a half of fine Sugar. boyle it according as ye doe boile other Syrops. give ye childe a spoonefull morneing first & evening last.

ye Ointment. Take Camomill, Sage, Lauender, Hissope, Marish, Feverfew, Heyhock, Organum, Sanicle, redd-fennill, Wormwood, Speare-mynt, Saint Roofers herbes chopp them all small: boile them in fresh butter, put in a large-mace & halfe a pinte of Muskadine. when it is boyled strain it & keep it for ye vse. ye childe must be anointed morneing & evening; back, sides & hames & after rowle & tumble it.

If ye child canot contein what it taketh: Take Speare-mynte small chopt, & Cloves beaten: boyle theise in Muskadine & vinegar & applye it to ye stomach & upper-part of ye belly.

A Water used to mixe wth ye Syrope. for rich folkes.

Take a fatt sucking-Pigge, dress him & spitt him, & when it is half roste cutt him in pieces, putt it into a gallon of new-Milke. putt thereto the crumbes of a penny-White-Loafe, a pound of Dates stoned, an ounce of Pine-apple-kernells bruised, a quarter of a pound of Almonds blanched & beaten, a pound of Lent-figges cutt in pieces, half a pounde of Raisons of ye sunne stoned, a pound of Coranes washed, a handfull of Speedwell, ye like of Burnett, Betony, Scurvygrass, 30 or 40 gardē Snailes well cleanged. put all theise in steep 4 houres & then still it in a comon still. take this water in a quart glass into which ye must putt 6 leaves of Golde. putt White-Amber powdered 2 dragms prepared Pearle 3 dragmes. stirre theise well together & mixe it wth the syrope. If the childe be farre spent for ye poorest sort (3 yeare to) take garden Snailes & putt in a little redd-Rose water & Sugar, & give ye childe to drinck 3 times a weeke. Feb. 25. 1632.

my La: fairfax & Stut

PHOTO.

For a Consumption.

Take a peck of Turneps clean washed & dried again either by ye sun or fyer: slice them & putt them in a new earthen pott close stopped. Lett it in ye Oven about one hower & a halfe. then strein out ye juice, & to every pinte of Syrope putt a pound of Sugar. boyle it to a Syrop height. take 4 spoonefulls in ye morneing first & as much at night last.

my La: Eister.

For ye same.

Take 3 quarts of spring-water & put a calfes-foot in it. 3 ounces of Harts-horn, one ounce of Cinamon broken. boyle all theise together into 3 pintes. then take out ye calves-foot & put in half a pinte of red-Rose water, & a pinte of Muskadine, & 2 ounces of Sugar, & lett them boyle a little all together. & then put it into a pott. & take of it 3 or 4 spoonfulls every morneing, & in ye day time noto & then a spoonful & at night.

to Mrs M. Ashton.

for ye Palsey

Take a pittle of old Ale without hoppes, half an ounce of Nutmegs, a qter of an ounce of Ginger, half a quarter of an ounce of Cinamon, & half a qter of a pound of Sugar. beat ye spices together in a mortar, putt them in ye Ale; & take a quarter of a pound of Lionge-root & bruise it in ye mortar, & putt into ye Ale & spices, & lett it stand 3 nights, & then drinck it 9 mornings. Stirr it well together ere ye drinck it.

mary Watson.

To bring away an After-birth.

Take yellow-Amber as much as a bean & knock it small, and as much Hartes-horn as will lye on 2d. & a little Beaor-stone on ye point of ye knife. if ye have it not, then make it strong of Amber. & ye must take 4 or 5 spoonfulls of Womans-milk & mingle all together w as much speed as ye can to ye party. & let ye party sit clean upp in her bedd, & ye Mid-wife to be w her, & hold fast ye string, & wash ye party in warme water ye first thing she dosh when is kneeled up in her bedd. & then lett ye party lett down her breath to ye midwifes hand &c:

to Mrs M. Ashton.

p. 63.

For ye Backe. &c:

Take ye pith of an Oxe & take ye skinne & filsh away. ye wch is good of it when it is beaten skinne putt it into 2 quarts of Ale. Boyle ye 4 part away. then take lime-stone finely clarifyed & putt 2 good spoonfulls in it at ye first, & season it more as ye will have it wth Sugar, & white-bread Coumbs finely grated aldbury like. 8 or 9 Dates stoned & sliced & putt in at ye first. a few whole Cloves & a pritty deal of whole Mace. & boyl them all together. take 12 spoonfulls in ye morneing. & 5 or 6 at night. but be sure to eate ye pith. Eate noe Veal, nor Pigge, nor any slimy meat.

Mrs Asheton.

Ros-solis. (See sup. 156.

This herbe growth in Medowes or in Lowe moorish-grounds, & in noe other place. it is of hoare colour & growth very lowe & flatt to ye ground. It hath a meane long stalk growing in ye midst of it. & 6 brunches springing out of ye root round about ye stalk & leaves of mean length & breadth. In noe wise when it is gathered let it be touched wth ye hands, for then ye vertue thereof is gonne. ye must pluck it up by ye stalke, & lay it in a clean baskett, for ye Leaves thereof are of very much nature.

Take as much of this herbe as will fill a poule-pott or glass, wash it not in any wise. then take a pottle of Aqua-composita & putt them both in a large pott or vessell, & lett it stand hard stopped 3 dayes & 3 nights, & ye 4 day open it & strain it through a fair linnen cloath into a clean glass or pewter pott, & putt thereto a pound of Sugar beaten small. half a pound of Licorise beaten in fine powder. half a pound of Dates cutt in small pieces, and mixe them all together & stopp ye pott or glass for ye noe aire come in. then drinck to bed-ward half a spoonfull mixed wth a quantity of good stale Ale, & as much in ye morneing fasting. And there is not the weakest body in ye world ye is wasted in Consumption or otherwise but it will restore them again. & cause them to be strong & lusty, & to have a marvellous stomach. And ye shortly they ye use this receit 3 times together, shall finde great remedy & comfort therby. And for as ye patient feeleth himself, for he may use it. Note also ye this herbe Ros-solis can not nor may not be gathered but onely in June or July.

[redacted] Ms: Cholmeley.

For ye Head-ache.

Take Herbe-grace & Fennell & boile them together, & lay it to ye stomach, and vse it till thou be whole. / For ye Same. Take Rosemary, Camomill, Violetts, ana M i. Boyle them tenderly in white-wine & binde ye herbes plaister-wise about ye patients head. / A purge for ye Same. Take Pelitory of Spain & shave ye roots thereof into Ale & drink it. It shall purge ye Head & take away ye ache, & fasten ye teeth well. Sd. H. C.

To make a Worme come out of ye Head.

Take ye marrow of a Bull or Cow & putt it warme into ye eare, & ye Worm will come forth for Sweetnesse of ye marrowe.

For giddynesse in ye head of long continuance.

Take ye gall of an Hare & as much of Honey & mingle them together a good space untill it fall to a coudd, & therewith anoynt ye forehead & temples.

For Deafnesse.

Take Oile of Anyse-seede & bitter-Almonds mixed together, & putt 3 dropps into ye Eares warme, & stopp it wth black Wooll.

Or take Oile of Comyn. it hath been proved good.

Or ye juice of Colewort mingled wth Wine & drop it into ye Eares.

Or take ye gall of a Hare, Aqua-vitæ & Women's-milk ana pt ij. & drop it in.

Or ye Urine of a young man-child new made. Or vse ye juyce of Rue wth ye foul urine.

To help any man being simple of hearing, yt hath been so of long time.

Take young Ash-wood make a faggot thereof & lay it on ye fyre, then take ye Water wch dreppeth out of ye ends thereof & putt thereto ye grease of a silver-coloured Eell. then bruise a little Comyn & steep it in ye grease & Ash-water & putt thereto a little vineyger & let it stand for one night. then put to it Castori a penny-weight. & being well steeped let ye liquor runne through a linen cloath. then putt a drop or more into ye eare it being clear & warm. then dipp black Wooll in it & stop ye eare therewth. & let ye patient lye on ye contrary side & it will restore ye hearing again by God's help.

To make a man Heare yt ever he shall heare.

Take a great Onyon & cutt off ye upper-part & then take away ye coar. then fill ye Onyon wth Oyle-olive & cover it again wth ye part cutt off. & fett ye Onyon in ye hotte imbers. & lett it boyle well. then, when thou goest to bed, lett ye Oyle be dropt into thine eare. (ye wch is upmost) as hott as thou maist suffer it. & lye still & sleep. & vse it for 3 or 4 times when ye weake ghost.

Sd. H. C.

For ye Mad or frantick person.

℞ Mustard-seed contund it wth Wine & tye ye Rolle to his head. it repellth all fumage & Headache. it causeth a man to rest & clearyeth ye blood.

When a man falls into Madness,

H. C.

℞ Salt M. j. & rub both hands & feet therwth. then take ye herbe Dipsacus & contund it well untill it be pappe & fye gently tye this to ye head of ye patiente & when it is dry take fresh & lay theron till such time as he begin to sleep.

For ye Lunatick.

H. C.

Take a Hedg-hogge & make broth of him, & lett ye patient eate of ye broth & flesh.

A cleansing Water for ye hands or face.

℞ half a pound of Salt peeter of ye purest or whitest. half a pound of Tartar putt them in a crucible such as ye melt gold or silver in, ye said Tartar being beat as small as ye said Peeter. put a fyre-coal to it & it will burn downe to ye bottom. when it is cold beat ye same into a gross powder again. put ye powder into a beast-bladder tye it close & steep it in fair water ye quantity of a pottle 6 howres. then lett it runne through Cap-paper (by way of filtering) put ye water wth ye finde wth ye bladder into some glass, & ye wch is in ye bladder into some other glass & keep this for ye better. 2 spoonfuls will serve at a time to wch ye may add a spoonfull of Rose-water.

H. C.

For ye Mother

℞ 2 ounces of ye powder of Bucke's horn & put it into a quart of old Ale boyle it fro a quart to a pinte. drinck ye pinte at a draught. 2 takings will serve.

Mr Shelli

For deafness.

Take a great oyster-shell & fill it wth fasting spittle. lett it stand 2 dayes & 2 nights in a dunghill. then take it out & putt one drop in ye eare & stop it wth

Mr. Sh.

black wool so ch is wett likewise wth ye same.

An Oyle good for ache of bone or flesh. wch Alexander Oyle in his mans.

℞ a handfull of Cidevage otherwise called Ashe-smart & cut it small ye stalkes wth ye leaves & put them into a glass wth even portion of Oyle olive. then stopp well ye glass & put it into hotte Horse-dung, & let it be there ye space of 15 dayes. the take it out & strain it through a fine linnen cloath & ye Oyle will runne through flesh or bone & fetch out ye ache clean. as hath been often proved.

H. C.

For ye Kings-evill.

Take Collombine & stamp it & drinke ye juice wth Wine, & it helpeth.
℞ Groundsell ye leaves & flowers stamped wth a little Hogges-grease, Saffro & Salt.
℞ Archangell stamped wth Vineger & applyed in maner of a poultis.
℞ ye leaves of Rue, pound the wth Swines-grease & apply it.
℞ Goose-~~grease~~ grease pounded wth Hogges-grease.
℞ Indian-pepper pounded & mingled wth Hony, & apply it.
℞ Balme leaves stamped & mixed wth Salt & vse it.
(℞ Bogge-toung sliced & hang it about ye neck.) H. C.

For ye K evill, Kernells & Emerods.

℞ ye root of Water-Betony in ye end of Somer, & after ye have made them clean, stamp them wth fresh-Butter & putt them into an earthen vessell close covered, set them in some moist place or dampish for ye space of 15 dayes & afterwards let it be melted, wth a soft fyre & strain it, & lay it vp to ye vse

For ye K.-Evill.

℞ Soleafoot stamped wth his rootes, ye flowre of ye seeds of Lyne or flax & ye grease of a Barrow-hogge, mixe them all together make thereof a plaster & lay it vpon ye soare changing it twice a day, & all ye sores of ye disease will be resolved into sweat. after they be healed wash often ye place wth White Wine by ye space of 10 or 15 dayes.

How to knowe ye K. evill.

℞ a ground-worme alive & lay him vpo ye swelling or sore & cover him wth a leafe. If it be ye disease ye Worme will change & turn into earth & if it be not he will remain whole & sound. H. C.

For pain in ye breast

℞ clarified Hony & May-butter ana ℥4. Comen ℥i. Annise-seeds ℥2 Licorice ℥3. mingle these together in maner of an Electuary, & vse this fasting. for it is a principall medicine.

For one ye is sick after a full stomack.

℞ Fennell & chew it in thy mouth. spitt out some & take down some it is a present remedy.

An easy vomitt to cleanse ye stomack.

℞ ye juice of Wallwort drink it wth White Wine an egge-full at once & it cleanseth both vpward & downward.

Against a Surfett, & diseases thereof arising.

℞ ye flowers of Broome & still them, & drinck ye Water morning & evening K. Henry ye 8 vsed this water for ye same. H. C.

For a Cough of ye Lungs. or Consumptio.

℞ Syrop of Licorice, Maydenhaire, Hisop & Horehound mixed together and supp thereof frō ye end of a Licorice-stick breised.

For fainting of Women.

℞ Lignie aloes grated & tye ye same in a clout, dippe ye same in cold Vinegr & fye applye or hold it to ye nose.

For Cough of ye Lungs. & Consumption.

℞ Garden-Snailes nū. 5. Break off ye shells of them, then boil them in a quart of new milk of a redd-Cowe till it come to a pinte & a half: drink of this first & last & at all times of ye day.

To break an Impostume in a mans body.

℞ Tansey a good handfull, & wash it in redd-Wine, & grinde it in a Mortar & wring out ye juice & drink oate spoonfull every day & it will purge ye disease downeward wont pain.

Against spitting of ye Lungs.

℞ Oyle of Oringes. or ye Syrop of Lemons & eaten helpeth. Or

℞ Oyle of Oringes ʒ 1. & Capons-greese ℥ i. anoint ye stomach therwith & lay theron a Lamb skin dressed wth ye Wolly-side next ye body, ye shirt between & chafe in ye fist against ye fire, & give him oyle of Vitriall in Plantin-Water. M. C.

A most prious Balme or Oyle made by Matth: Lucatelly Stal.

℞ Venis-Turpentine unwashed of ye cleanest one pound, of ye best Sallat-oyle 3 pintes & a qter of a pinte, of Bee-Wax half a pound. Sanders one ounce, & strong-Wine a pinte. / first slice ye Wax very small & boyl it in a skellit ouer a soft fyre, & when it is throughly boyled, then putt in ye Turpentine, & when ye is throughly boyled, putt in ye Oyle & lett them all boyle a pritty while, & after putt in ye Sanders wth ye hand at 3 times still stirring it & lett ye boyl softly still stirring them frō ye bagining till ye take them frō ye fire. & when it is well boyled, you shall see it grow redd on ye sides of ye skellet — & ye must have a great care ye it boyl not over, for yf it take fyre it will endanger ye house. then lett it cool awhile & strain it before it be quite Could, otherwise it will not runne.

ye Vertues. / 1st ye said Oyle is good to heal any wound either inward or outward being fequisted in warm into ye wound being inward, & outward being applyed wth fine Lint of Linnen, anointing also those pts therabouts, it not onely takes away ye pain, but also keeps it from inflamation, & draweth forth also all broke Bones or any other thing ye else might putrify or fester it. for ye ye braines or Inwards (as ye

(as ye Heart, guts & Liuer) be not touched it will heal it in 4 & 5 times dressing
2. for ye noe other thing be applyed therunto. 2. It also healeth any Burning
or scalding. likewise it healeth any Bruse or Cutt being first anoynted wth ye
said oile, & a piece of Linen cloth or Lint dipt in ye said oyle warmed & layd to
3. ye place it will heal it wthout any scarr remaining. 3. It takes away any
paine or grief ye might grow by reason of cold, moysture, Catarrhe, or Aches in ye
bones or sinewes, first anoynting ye place for often wth ye said Oyle heated & a
4. a warm cloath layd vpō it. 4. It helps ye Head-ache, onely anoynting ye temples
5. & nostrills therwth. 5. It is good against ye Winde-Collick, or stick in ye side applyed
therto warm wth hot clothes 4 mornings together, & every time a qter of an ounce.
6. 6 It is good against Poyson, & helpeth a Surfett, taking an ounce therof in a little
7. sack warmed. 7. It helpeth ye Bytting of a mad-dogge or any other beast. 8. It is
8. good against ye Plague anointing onely ye nostrills & lipps therwth in ye morning before ye
9. party goe forth, for ye day (by Gods pmissiō) he need not feare ye Plague. 9. It also
healeth a fistula or Vlcer, be it never soe deep in any pt of ye body, being applyed as above
10. for a Cutt. 10. It is also good against Wormes or Canker, being vsed as ye Cutt, but it
11. will require a longer time to help the. 11 It is very good for one infected wth ye Plague
Meazells & ye like, so it be pfently taken in warm broth a qter of an ounce, 4 mornings
12. together, & sweat vpō it, it also keeps one frō vermin. 12. It also helps Digestion
anoynting ye navle & stomach therwth when ye party goeth to bedd. It will stanch any
blood pfently of a green wound, putting a plaster of Lint on it & tye it very hard
ye said Oyle or Balsome may be kept 20 years, & be much better for it.

Mrs Theakeston.

for Weakness.

Take 4 spoonfulls of Plantain-Water & putt to it half a spoonfull of ye
powder of Stone's claws. Ye must take ye claws & wash them & cutt off
all ye haire frō the, & dry them in an oven & beat & sift them to as fine
a powder as ye can. Let ye party ye is weak vse this for 9 or 10 dayes, or
longer if occasion be, & keep her bedd if there be great occasiō, or otherwise
but 2 or 3 daies at ye first. While shee is in this course
Let her drinck (ye last after shee goeth to bedd) a draught of Ale mingled
wth Nutmeggs & Sugar. This is an approved Medicine for Children
ye canot hold their Water. or Women ye have ye Mother in any kinde
weakened.

Mrs Bushell.

For ye Dropsye in ye Leggs.

Seeth oates in water untill they be tender. then let ye party diseased put his Legg yt is swollen over ye vessell yt it may receive ye fume or smoke of ye said oates. & cover ye party wth something yt it may goe down round about ye vessell & then blisters will come vpō ye Legge or swoln place out of wch will runne much water & corruptiō. then after anoint the place wth butter. doe thus 4 or 5 times yf need be.

ye La: Sheff: lent
wth Mrs Do: Hutton.

A gentle Purgatiō for a sick or weak body.

Take 20 good damask-Prunes clean washed. then take half an ounce of Rubarb thinne sliced. stirre ye prunes wth ye Rubarb in faire water & damask-Rose water, wth a little Sugar. turne them oft & keep the close covered till they be very tender, then putt the in a glass, & in ye Morning eat 3 or 4 of the, & yf ye please a spoonfull of ye Syrop & fast an hower after. infra 172.

Ibid.

A Tysan.

Take Borage, Langdebeif, Sorrel, Endife, Cinquefoil 2 handfulls of Barly well picked & both ends taken off. then take half a handfull of red-fennell roots. a quantity of Liquorize, Sugar-candy. feggs, dates, great Reisons, boyl all together frō a gallō to 3 pintes.

Ibid.

For a shald-head.

Take Oyle-olife & putt it into a dish of fair water & beat or stirr the well together as ye would make butter. then take it vpp & putt it into a vessell, & putt powder of Brimston & May-butter therto & make an Ointmt thereof wherwth anoint ye foare head & it heals it

Ibid.

To make one Sleep.

Take Camomil, Rye-bread. Rew & Betony of ye wood & grinde them well together. then wth Vinegar putt it into a panne, fry it well untill it be somewhat drye. then take a cloath & make a plaister & apply it hote about ye head, & ye soles of ye feet. strew vpō ye hearbes ye powder of Nutmegge. & wthout doubt hee shall sleep & hee never be sick.

Ibid.

For ye Scabbs in cheare.

Take Oyle of Roses ye weight of 6d in comon salt & a little fresh Butter stirred all together, untill it become an Ointmt.

Ibid.

A Restoratine after weakness by a Lash

Take an old red-Cock & boyl him till ye may pick out ye bones, then bruise the & putt the in again into ye broth ye they were sodden in. putt thereto Marrow of an Oxe, & half an ounce of Quibbibes, half an ounce of Cloves, half an ounce of Nutmegs, & 3 penny weight of Saffron. make powder of all this & putt it to ye Cock & close it ye noe ayre come out, & when it is enough let him eat thereof & sup ye broth. it restoreth

Ibid. ye Ex. Sheff.

For a child ye is weak or lame in her joynts. (In ye Rickets.

Take a great sort of black-Snakes in May. chop them or stamp them small, & boyle them in May-butter or other butter a good while, for putt it in an earthen pott to keep it. When ye will use it anoynt ye weake or lame joynts before ye fyer spread some of it on a cloath & bind it upon ye place as hote as they can suffer it. use it as long as ye need it.

Ibid.

Rize-pottage good for a Flux.

Take a good handfull of Oken-bark & boyle it in runing water a gallon to a pottle, or more, then strain it & let it cool. then take half a pound of Jordan-Almonds, beat them in a mortar wth ye Pulles & all on, after strein them wth the foresaid water, & for wt Rize make rize-Pottage. Likewise Rize may be beaton wth Almond-milk & for it doth restore nature.

Ibid.

Pro Hamorrhoids.

Take Plantain-water a pinte. Gume-dragon a drame, Gume-Arabiche as much. putt ye Gumes into ye said water in a bottle-glass, stirring or shaking it 9 dayes together. When ye use it, give to ye Woman 2 spoonfulls at a time (morne & evening) & fast half an houre after.

D. Bush M'Atwell

For ye Eyes, for to clear ye sight.

Take ye whites of 2 new-laid Eggs & beat them in a pewther-dish for 2 houres together till it stand in a tower, then let it stand 8 houres. then power out ye oile frō it, then take Bendwood, or Dafy rootes & leaves together well washed & beat in a wooden dish wth a rowling-pin & strein out ye juice. Then take 3 spoonfulls of ye oile of Eggs, & 1 spoonfull of ye other juice, & 1 spoonfull of ye best English-Hony. Mingle them all together and strain them through a piece of new Holland-cloth & for putt it up in a glass for ye use. When ye are in bed at night putt one drop of it into either eye & for sleep. & when ye awake in ye morning doe as much & yf ye can sleep after for winke at least) half an houre & use it 3 or 4 dayes together or longer as ye see cause.

Exd. D. B.

For ye stomack-Wormes.

Take Turmerack half an ounce. Long-Pepper a quarter of an ounce beat them to powder. then take ye leaf of a swine 2 ounces & shread it very small, then putt them all into a Wooden-dish, & 2 penny-worth of Treacle with them. then beat them again wth a Rouling-pinne and till they be well mingled all together. then putt them in a little square Bagge (or somewhat long) sewed up & quilted, & applye it to ye stomach 9 nights & dayes without stirring it.

E. B.

To make Trochisk for ye Rhume, or Cough of ye Lungs.

Take a quarter of an ounce of Enula campana-roots, half an ounce of Liquorice, half an ounce of Anice seeds, a quarter of a pound of Sugar-candy or fine sugar, all finely beaten & searced. then beat it in a mortar wth as much gum-dragon steeped in rose water as will binde it together. then work it up in little cakes or rotules, wth some of ye foresaid powder, & when they be throughly dry. ye may keep one of them in ye mouth as ye have occasion.

Mr. Mottk.

ye La: Mottk's receipt for making Juice of Liquorice.

First make a decoction wth Raisons of ye sunne, Anice seeds, Liquorice, Maiden-hair, Colts-foot, figges, boyl all these in 3 quarts of water, till half be consumed. then take of choise Liquorice 1 pound & a half well scraped & grosly bruised, then put it into ye decoction while it is seeding hott, & soe let it remain for 24 howres. then strain it & press all ye liquor as hard out as ye may, soe ye Liquorice have noe juice therin. This donne, boile it in a fair well-leaded panne or skellatt, stirring it alwaies untill it wax thick. then take it fro ye fire on dishes in small quantities, & soe lett it lye untill it dry. then ye may make it in balles, in what quantity ye please.

Ibid. Mr. Mathews.

ye La: Bowes's receipt for ye same. to be made in ye beginning of May.

Take 4 ounces of Liquorice scraped, beate & finely searced. 5 or 6 handfull of tender toppes of Hyssope, 4 handfulls of Foal-foot, & Stove-hound. a good handfull of Rosemary flowers, & a handfull of Maidenhair. stamp all these together in a stone-Mortar, & strain them into a fair bason, wth a pint of Hyssope-water, or fair running-water. putt in ye Liquorice & boil it till it be as thick as good cream, then strain it again through a fine strainer, and lett it again on ye fyre, & boyl it a good tyme, stirring it continually till it be very thick. then putt in 3 or 4 ounces of redd Sugar candy, & boyl it till

till ye may see ye bason-bottom, stirring it still, then make it up in balls or rolles at ye pleasure keep it allwayes nigh ye fyre. ye quantity of a Nutt will stopp ye Cough.

Sd. Mrs Matthews.

For nourishing a Weak-body.

Take a pinte of Allegant. a good handfull of Raisons of ye Sunne, stone them & beat them well in a mortar, & take ye yolkes of 2 Eggs, mingle them all together & fett them on ye fyre, wch when it is warm take a good quantity twice a day.

ye Ladye Vanefour

For a Purge.

Take an ounce of Sena, a dragme of Mace, ginger, aniseeds, liquorice Coriander-seeds & polypode of ye oke of each, a dragme being dryed & beat, then beat all theise together grosly & putt them into a pinte & a halfe of ale strong ale. then tosse them fro pott to pott half an howre, then let it stand half an howre: this doe 3 times & soe let it stand a day or a night, then strein it, & putt to as much sugar as will season it, & soe much nuttmegge as you think good. Sett ye party drinck ye one half at night when they goe to bedde, & ye other half in ye morning at 7 of ye clocke, & 2 howres after take broth or some such thing as they like. This may be given to a child, or old bodye but yf they be of a middle-age ye may put in 3 penny weight of rubarb finely sliced, wch must be putt into a peece of fine linnen cloath & hang in ye foresaid stuffe, & soe lett it stand 2 or 3 howres & now & then crush it till all ye strength of ye rubarb be out.

Mrs Matthews ye Mr Eglesby.

For a Cold

Take halfe a pinte of white wine vinegar
two ounces of Aniseeds beaten.
two ounces of sweet-fennell seeds
one ounce of English Liquorice
boyle thes a quarter of an hower & strain itt from ye liquor then putt two spoonfull of lime or virgin honye in a silver dish to a Sirrop.
Take a spoonfull when yee goe to bedd, & so much in ye morninge untill itt be spent

Sr Eliz. Fairfax

For ye Splene.

Take a quart of Claret & put into it half a pinte of Burrage-Water, a handfull of Balme, halfe a handfull of Rose-mary toppes & half a handfull of Burrage wth flowers, 2 Oranges wth some Cloves in them roasted very soft in ye Embers, cutt them in ye middle & wring them in as hott as ye can. It must first be seasoned wth Sugar to ye likeing. & hang therein a bagge of Saffron.

Ye: Elia Chalmely.

To make one steep.

Take a pinte of Cowslip-Water, 2 ounces of conceruc of Red roses, let ye steep 2 or 3 hours, then strayn it, put some 6 spoonfulls of Syrop of Gilly flowres, some 4 or 5 droppes of ye Oyle of Vitriall. take some 6 spoonfulls when ye goe to bedd & it will make ye steep

A Water for to clanse a face, troubled wth Rote Rumours or itching.

Take a pottle of Smithy-trough Water stirre it up when ye take it, then Boyl it & when it riseth take ye black scume off. then take a quarter of a pound of roach-Allome beat small & 3 spoonfulls of Honey, 2 good handfulls of great Sage leaves, one of Woodbin-leaves, a little Rosemary & a little Hysope. boyl all these together a good while. then putt it in a pott & keep it. & warm a little of it & some of ye sage-leaves & bath ye soare therewth. & when ye have layd salve on ye soare, then spread all ye place as farre as any heat goeth & it helps wonderfully.

Mrs Larington

Sal. for ye same. a Water &c

Take 3 qts of Smithy-Water & let it boyle softly on a clear fyre & as ye scume riseth take it off. When ye have soe done take it off ye fyre & put into it half an ounce of burnt Allom & as much White-Copperas then set it on ye fyre & let it boyle 3 or 4 walmes. then let it be powred into an earthen or pewther dish & let it stand all night, then put it into stone bottles. When ye dress any soare, wash ye soare first wth it then take more fresh & dipp lint therin & lay it upon ye soare. & soe doe twice a day till it be whole. / ye must dipp cloathes 2 or 3 times double & lay upon ye Lint. /

ye La Selbye.

A Water for ye Eyes.

Take Seladine, fenell, Sage, Rosemary, Vervain & Rue of each one good handfull & wash them clean. then drye them again wth a linne cloath. then putt them into a Limbeck & distill them & let ye patient drop some of this water into his eyes often times & this will recover his sight again although it be supposed to be almost past recovery. /

ye La: Selbye.

178.

For ye Ricketts.

Take a pound of Currance, wash them well & boyle them in a gallon of spring-well-water till ye half be wasted upon a clear fyer. then take them & strain them & putt thereto 12 spoonfulls of white-wine Vinegar & put it into ye water warme. & give them morne & night 6 spoonefulls at a time or any time when they are thirsty.

Then 6 dayes after take a redd-Cocke about 2 yeares old & smother him in his blood & let him lye on ye ground about an hower, then dresse him & wash him clean & set him on ye fyer to boyle in a clean pott about 2 gallons of clear water & put thereto a handfull or 2 of Hearts-tongue, a handfull of Liverwort dressed clean & a Comfrey root or 2. a little handfull of Hyssope & Time (more of Hyssope then Time) a handfull of broad-Plantaine leaves. boyle all theise together wth ye Cocke upo a soft fyer till ye Cocke fall in pieces & there be some 2 quarts of broath then take out ye Cocke & herbes, & bray them in a mortar bones & all. strain them all together, then wash ye pott clean & putt ye broath in again. putt thereto half a pound of Raisons of ye sunne clean washd & putt thereto a pinte of Redd wine, a gill of English-Honey, & 2 quarts of ye best Ale. Take half an ounce of Cinamon & bray it, 2d worth of Saffron rubd, 4d worth of Mace, boyle all theise together for ye space of half an hower till it be boyled to 3 quarts & a half. Use this morning first & night last. & ye same being warme anoint ye back & joynts therewth & keep them warme. & yf any thing be offensive to ye stomach anoint ye joynts soe much ye more.

ye La: Selbye.

For ye Yellowe-Jandis.

Take a Burie-root ye greater ye better, scrape it clean, then take a pott of newe Ale & putt ye roote therin & ye ale will boyle, & lett it be therin one day & one night well stopt. then lett ye patient drink one draught 2 or 3 times & he will be whole. certainly prved.

A noble receipt for ye Black-Jandis. / ye La: Widdrington.

Take a gallon of Ale, a pinte of Honey & 2 handfulls of redd Nettles & take a pennyworth or 2 of Saffron & boile it in ye ale (ye ale being first fetched) then boile ye Honey & ye nettles therin all together & strain it well & drink every morning a good draught thereof for ye space of a fortnight. for in that space (God willing) it will cleare & perfectly cure ye Black-Jandis. / wth ye La. Widdr.

A gentle purge for a weak body.

Take 20 good Prunes clean-washed, & half an ounce of Rhubarb thinne sliced, stew them together in faire Water wth a little Sugar. turn them off & keep them close covered till they be very tender & in a morning eat 3 or 4 of them & of ye please a spoone full of ye syrop. & fast an hower after. (Syr. 186.) ye La: Widdringto.

A Wine against melancholy.

Take a pottle of White-Wine, of Sage of Hierusale & Harts-tongue of either one a close hand full, Rosemary as much as of ye other two give all a boile on a soft fyre, then putt therin a pinte of spring-well-Water & strain it after you think ye a pinte is spent in boyling of ye wine. Take a good bear glasse full in ye morning, at 4 of ye clock (afternoon) & last at night.

mr Dor: Stutto.

The Chalybeat Wine. agt ye Skurvye, Squinsies &c:

Take of White-Wine, 1 pinte. of Chalybs prepared wth Sulphur 1 ounce of Romun-wormwood 1 pugill. trochisces of Agrimony 2 drams. Species Hierae picrae 1 dram. Infuse these in ye wine close stopped for 2 daies, shakeing ye glass thrice or thrice a day. then Take of garden Scurvygrass 6. handfulls. Water-cresses & Brooklime of each 4 handfulls. beat these well & press forth ye juice, wch being putt into a glass must be clarifyed by filling ye glass in warm water & running it through a woollen-streiner. Take of these juices 3 spoonfulls, & 6 of ye wine every morning. for 15 days. Now before this quantity doth serve onely for 5 days. & therfore ye must prepare it thrice.

ye La: Ste: Belasis. glas

for Phlegme or Fleame.

Take Betony & drye it, & make powder of it & keep it till ye need when ye would use it, take a quantity of Honey & of ye powder, & make 2 or 3 Pilles & swallow the some last in bedd, & it will void ye phlegme.

for ye fame.

Rost Onyons under hot embers & eat them wth Honey & Pepper & Butter morneing & evening, in few dayes they shall feel ye breast loose, & phlegme easily to be avoided. ye La: Widdringto

A Salue. to be made in May.

Take Valerian, Tormentan, Scabious, Plantain, Ribgrass, Bramble & Woodbindleaues, Agrimony, & Red sage of each an handfull. Lett them lye and wither upon a board untill ye next day. then shreed them small & work them wth a pound of May-butter vnwashed or salted. then put the into an earthen pott & bury them in ye ground 10 dayes. then put the into a panne & boyl them on a soft fire, & when it is almost boyled putt in Bee-wax half a pound, Rozen a quarter of a pound. & some Turpentin into a part of it wch you would haue to draw most.

ye La: Constable.

To purge ye Liuer. for ye Scurvye &c

Take Rhubarb 2 ounces, Scurvygrass, Watercresses, horse-Radish & Dock-roots ana an handfull. hang theise in a bagge wth in a gallo of ale & after 2 or 3 dayes drinck of it

Mr Hickringill.

For ye Jaundice.

Take Ale 3 pints saffro 2 worth. Wormes a good handfull well washed & beaten in a mortar, strein them into ye ale, & wth 2 worth of Seney. & a little Sugar drinck it.

To make a Consumptiō-plaister.

Take Burgundy pitch, Rozen Bee-wax of each 2 ounces a quantity & melt them together, then take 2 ounces a quantity of Venice Turpentine & an ounce of ye Oyle of Mace ye quantity of a gill melted altogether. Then spread theise upō half a sheeps-skin. then take a Nutmegg grated & strow it theron. The plaister is to be laid to ye spoone of ye stomack cutt to ye breadth of a hand

For the tooth ache

R. white arsenicke and bole Armoniake of each a like quantitie, make those up into a small pellet with a drop of aqua-vitae a drop of sallet oyle and a little lint, stop therewith the hollow of the grieued tooth 2 or 3 howres, swallow not but spit out the rheume that shall flow into the mouth and let not ye party sleep while it is in the mouth

Yours
Vere Harcourt

The Drinke for the Plage

Take Cartesshorne grasped one ounce, Ginger cy-
slyced one quarter of an ounce, Juyeberies one ounce,
Figgs halfe a pound, tow Orings the rinse and swatt,
take turmentall roots one ounce, Angellica roots one ounce
Angelica stalkes and leaves, Elder leaves, Red brumble
leaves and leaves, Red sage, Rue, and Saxafrige & stalkes and
leaves of each of these herbes one handfull stamped all
these in a Morter, put them to three pittes of white wine
and halfe a pinte of white wine vinigar put all into a pott
and rotter it close, let it stand twelfe howers, then strayne
it out with a presse that noe liquor remaine in the hom by
put it into a bottle close stopped, It will keepe halfe a yeare,
its as good when it is sower as at the first day,
for prevention take tow spoonfull every morning fasting and fast
one hower after, it will make you have a good stomacke to your
meat and not trouble you at worke; If anie have taken ye
infection this will purge and vomitt till it hath wrought out ye
infection, if it make the partie sick give them three spoon=
fulls every halfe hower till it worke noe more. It hath bene
knowne to worke in those that have bene very much infected
tow dayes and a night very strongly.

Another for the same.

Wormewood steept in the best white wine vinigar, take
a spoonefull in the Morning an hower before you eate;
tis very good to prevent infection.

A Direction against the Plage

Take three pintes of Malmsey and boyle therin Sage; and Rue
of each one handfull and let them all boyle together till
it come to a quart, then straine it and set it on the fire
againe and put thereto one penniworth of long pepper, halfe
an ounce of ~~long~~ ginger, a ~~pu~~ quarter of an ounce of Cartinogs
all beaten together: then let it boyle alitle and put thereto
fower penniworth of Metridate, tow penniworth of treakell, and
a quarter of a pint of the best Angilica water, take it al=
wayes warme both morning and evening a spoonefull or tow
if you be alreadie infected and sweat therupon, if not
infected one spoonfull a day is sufficient, halfe a spoonfull
in the morning and halfe a spoonfull at night. This is not only
good for the common plage but for the small pox Measels
purples, and diers other dangerous.

175.

A Soveraine water of Dr Chambers Physitian of London wherewith he did many Cures and kept the receipt thereof secret till a little before his death, and then he imparted it to Dr Abbott Arch Bishop of Canterbury

Take a Gallon of white wine I meane Gascoyne wine, then take Ginger, Mace Cloves Aniseeds fennill seeds & Carraway seeds and Gallingall, of each of these a dreame, then take Sage red mint rose Leaves time and wild time rosemary ramomilk Launder tops and pellitary of Spaine of each of these a handfull, then beat the Spices smalle and the herbes alsoe and putt them all into the wine and lett it stand 12 howres stirring it diuers times distill it in a Limbeke and keepe the first water by itselfe for it is the best, and the second is good too but not soe good as the first,

The vertues of this water followeth

It Comforteth the vitall spirits, it helpeth the inward decaysis that come of cold, it is good against the shaking of the palsey, it helpeth conception in women that are barren, it helpeth the wormes within the body, it helpeth the stone in the bladder, it Comforteth the Stomacke easeth the Cold Cough, it helpeth the Hotthark, it easeth the cold drouzie, it helpeth the stone in the raines of the backe, it presently cures a stinkeing breath, and whosoever useth this sometimes and not often it preserveth them in the strength of their bodies and shall make them sound young long it Comforteth nature marvelusly.

If it stand in the son all somer it is much the better

A spoonfull of it fasting once in 9 dayes oftner if occasion call for it

You may if you please add of Cinnomont and nuttmeg a dramme of each

A Poultice for a Sore breast

Take of Stinking Hemlock, Groundsall, Houseleeke, & Lavender leaves, of each a handfull, pound them very small all together, put to them a handfull of Rye meale, & a egge boyled hard, & 3 ounces of Beeres grease

For ye Stone

Take a little Castile soape, & scrape it into posset drink made with marsh Mallows roots and drinke it, & bath that part in Castile soape

For ye same by Sr T Gower

Take a pottle of milk, & slice sassafras into it, still it & drink of that water.

To stay Griping in ye belly

Take Charcoale & when it's well burned in ye fire, take some of the embers of it & put into a wooden dish, & when it's well quenched wth Aqua vitæ, then apply it as hott as you can.

To cure Chilblanes

Take Veare suit & red rose water, & mix them together hot, & so apply it

Dr Mullens Receat for heat in ye face.

Take ye powder of Flowsulfor & Swines grease mixe them together, & so apply it

For a Cough or Stoping with phleame

Take a pint of red rose water, & 3 ounces of white sugar candy & boyle that into a sirrope, & take now & then a spoonefull of it.

To strengthen ye back a receipt of Dr Midys

Take a pint of Allegant & a large handfull of Rasons of sunne stoned, beat them well in a morter & that they may beat the better put to them 2 or 3 spoonefulls of white wine, take ye yolke of 2 new lade eggs beat them well, mixe all together & strain them, this quantitie serves only for twise or thrise & this you must take for 9 or 11 morning together fasting, drink it as hott as you can indure it, & fast one hower after it.

179

Gravel

Take millipedes white amber anna. ℥ ij
nutmeg ℥ ij Chio Turpintine as much as will
make them into a Mass which form into
midling pills make light pills of a Dram
and take four a time. C Watson

Tooth ach

Crude Opium camphire anni grain putt ym
into a bag & hold to yd Teath

Sore Eyes

Sacrum Saturni ʒ oz to a Gill of Plantain
Water: allways Shake yd Bottle when you
use it

Raspt Currant Wine

To Every peck of ripe Currance old, or 12 Great quarts measure you must putt 5 wine quarts of water, bruse ye berry well before you putt in ye Cold water putt ye into a tubb with a tapp: at it, putt in a pint of ale yest to 7 pecks of berry. if you have not so many you may putt less yest accordingly, after you have Stird it well cover it with a Rugg on Planakett and Cett it stand ten days Fingle ye draw of ye Clear Juice at ye Tapp & to Every 4 quarts of Juice putt 1 lb of Sugr at 6 or 7 d ye empty ye tub of ye Dregs and turn in ye good into ye tub again & Cett it stand 2 days more ye same way, ye draw it of and putt into ye barrell & Cett it Stand till April then bottle it this makes a Strong wine if you please you may putt a little more water to ye Dregs and make a small wine w ye Ordinary Sugr & butt bottle it at 6 weeks End

Cherry wine ye Same way

Rasp Gelly

if you mix ye Rasps & Currance, a few quarts of Rasps. kell taste it say a peck to ye above quantity

181. To make the Plague or Surfeit water

Take of each of thes herbs half pound

- Dragons wood Sorll
- mugwort feverfue
- Agrimony Scabious
- Bettony Carduus
- Baum Sages
- wormwood Hearts Ease
- Pimpernell Gormentill
- fumatary Angelica
- Rue Wild time
- Celandine Scordium
- Burnett marygold floors
- Spearmint Ridpoey floors
- Clove July floors

of Each of thes one pound

- Rosemary
- Cowslip floors
- Tormentill Root

Each of thes half pound

- Eleampane Root
- Butterbur Root

Pett all thes above 3 or 4 days upon a table before you use ym & shred ym very small then putt ym into any convenient thing as a large cream pott or Kettle adding to them as followeth

Each an Ounce

- Sweet fenell Seeds
- Carraway Seeds
- Cardimum well bruised
- Cloves
- Nutmeg Cinemon
- Venice Treacle
- Diascordium

of Each Ounce

To all thes add 3 Gallons of good brandy and Lett them Stand to Infuse 4 days Stiring ym once a day & keeping ye pott covered then till ym is allso shie keeping it well wth wett cloths when the Surfeit water begins to grow Sower taking more you may boile Some of ye Smallest water in fine Sug & Litle Amber Greace to a Syrup to Sweeten ye Rest

182

Syrup of Clove July Flowers ——

Take half pound of flowers put ym into a pott & power 9 gills of Boyling water upon ym cover it & Lett it Stand 3 or 4 hours then Strain it through a sieve & put two pound of Loaf Sugr to one pint & give a boill on two & Scum it very well —— you may clear it up wth whites of Eggs

Excelent water for horse Eye or mans Eye
4 wett. Rather strong for mans ———

Camphire 1 ounce fine oratoll Bole Armoniack
4 ounce Blow Vitoroll: 4 ounce Lt. Burn Alloon:
in ponder: putt it into 5 quarts of Boyling water
& Lett it Stand till its cold, putt of as much as
is Clear into any pott or Bottle for ye Eye Reserve
ye other for any Sore or Crack heall ———
you may if you please ad. to ye rest of ye Ingredients
Sacrum Saturni one ounce th w & Gill Plentamildule
allway shake ye Bottle when you use it

Minced Pyes ~~ye Best way~~

Take 18 eggs hard boyld throughout half ye Whites
and Suet shred prunes ½ pd Raisons Gill Sack quarter
pd Lemon peale, ½ oz: of Cinnamon & Nutmeg
Sugr to yr taste little mace & cloves 4 Apples
Shred all small & putt in a little Verjuice for
Sharping ye or putt ye on into ye Pans see ye next page

For an Ague

Take Jesuits bark in fine Powder
one ounce Salt of steel or Common
Green Copperas a quarter of an ounce
Cimmia Leper quarter of an Ounce
Molloses — four ounces
Mix those all together and take about the
quantity of nutmeg three times a day
when the fitt is not on

For An Ague

Take Egg an Spiderweb half a drachm and swallow it down
in any form, for severall mornings successively, when the
fit is off; Six drachms of Barks a spoonfull of pepper & a nutmeg
mint up in Rum or sp wine take big nuts of a nut every 4 hours.
probatum

185. well shred — or 16 yolks & 4 whites of Eggs
1 pd Cream Gripes; or 13 Eggs hard boyl. take half
the whites out — 2 pd Suet shred as small as
possible. — 1 pd Raisons 2 pd Prunes stoned & well shred
1 pd Currants 2 nutmegs: ½ oz: Cinemon ¼ oz: mace
¼ oz: Cloves: 8: Sour apples. well shred Gill Ver
Juice Gill Sack little Brandy sweeten them
w: Sug^r to ye taste ½ pd Saffron Peall —
best Red for mixed Pyes —

The Green Ointment wch is very go
for old Sores or Green Wounds La Cart Pen
Sake of St. Johns wort & Valerian Yarrow
Bugle Plantain Sanickle Sage Gloves betany
Crosswort Soapwort ladymantle & yarrow of Each of those herbs on
handfull bruise the herbs well wth two poun
of may Butter one pd of oyl Olive, set
in a Celler for ten days then boyl y^m an hour
over a slow fire and Straine out the herbs.
add to the Ointment Venice Turpintine half
a pound, bees wax one p^d. rezin^d. Rosen 2 pounds
Verdegrease in powd^r. 2 drams desolve y^m all toge
over a slow fire and Strain y^m again and keep
for use in a well Glaz^d Earthen Pott —
often Proved

The Strengthning Plaster

Contra Rupturin an Ounce.

Seratum Santalinum &
oyntment unguent Comitiae } 2 ounce Each.

oyl of Myrtile Berry — 2 ounce.

powder of Mastick
Dragons Blood —
Armoniack
Bistort roots Galls } 3 drams Each

Red Corrall yellow amber — 2½ D° Each.

Nutmegs — 2 D° —

very good to lay on ye Back to prevent
miscariage ~~for other~~ Straines

Very Good Bitter wch has Cur^d Severall
in Agues when ye Bark Failed —

Snake root — 3 ~~oth~~ put in to 2 qt
Gentian — 2. of ale
Cr: Hiera: Picra — 3
Camomile Flowers 1
Saffron — 3
Pwell Orange 1
Juniper Berrys 1

14 pence —

To Recover Drink when flatt or rather turnd Sower

Take 3 quarts. spring water boyl it with two pound of Brown Sugr and when almost cool put a little yest to it when you Bottle your drink put into your Bottle ye 1/8 of a pint, if ye ale be very flat if not quite flat put in less – it will be fit to Drink in 3 or 4 days. Mrs Robinson

The Balm-drops. Excellent for a Wound

Balsam of Peru one ounce	2	"
Storax Calamitar two ounces	1	4
Benjamin impregnated with Sweet Oyle — three ounces	2	6
Spirit Wine two pounds	1	8
Succotrine aloes half an ounce	—	4
Myrrh Do	—	4
Olibanum Do	—	2
Angelico root Do	—	1
St Johns Wort Flowers Do		1
		8 : 6

Put all these together into a Bottle close stopt and let it Stand in ye Sun six Weeks in the hottest time of the year. Then strain it through a fine linnen cloth and put it into Small Bottles. Put the Dregs back into the Bottle and fill it with Verjuice and keep it for Sprains or Bruises in men or Horses

Enqt further

Never heat the Drops but apply
cold Its good for any Wound
Cut, Stab Shot or Bite it will Cure
the deepest wound in a few days if rightly
made, and apply'd wth a feather, for drops in
If the Wound has bloodies wth any other
Remedy, be Sure to wash it Clean
wth Wine or Brandy made hot before
you apply ye drops, It will not cure
So well as if no other thing had been
use, no plaster must be us^d wth it;
when a Wound is large its proper to
wrap it in a Clean Cloth to keep out Air
Its also good for a horse prick in
the foot or any other wound or Gall

Its also a good remedy for the Cholick
or Flux twenty of thirty drops taken
in Broth or a glass of wine

always keep y^e Bottle Close stop^d

have tried it wth good Success for Wound by
Robt Green

The Composition for the Gout = 190

Take an Earthen Vess.l that will
hold twenty Gallons fill it w.th
Elder Flowers full Blown and clean
ing.t, they will waiste considerably
therefor continue to fill it up
as long as you can get Flowers
then put in two pound of Bay
salt, one Gallon half of ant,
ent of Vinegar stir it well w.th
a stick and cork it up close
and set it in the Sun for two Months
then stirr it again and cork it as
before and set it into a Seller
keep it from frost and stirr it once
in two Months for y.e first year
if it grows dry put in a little Vinegar
if worms get in to it add a handfull of Salt
It must be apply.d when the gout is near
the height and must be laid on fresh every
night and Morning — Probatum

A Receit for Makeing Daffys Elixer

Annaseed — 1 oz — 2 — 11
Fennel seed — 1 oz. 9 gr. — 2
Span liquorice 1 oz half — 1
Rubarb — 2 drams 1 : 3
Ellecampane 1 oz. 9 gr. — 1
Manna — 1 oz half 1 : "
Jallop 2 oz — 1 4
Sena — 1 oz. 9 gr. — 5
Saffron half dram — " 4
Raisons of the Sun half pound — 3 — Tot Charge
Slice the liquorice — 4 : 11
Stone the Raisons
Bruise the Jallop.

Infuse those Ingredients for Six days in two quarts of the Best Brandy — then Strain it out — Take two Spoonfu over night and the like in the Morren

To make a Shrub or sherbet 192

Take Brandy six gallons, put to it
the Juice & Rind off ten dozen Lemmons
or otherwise half Orranges) be Carefull
not to put in ye Seed or white part
o the skins, ad four gallons of choice
white wine, and twelve pounds of
double refin'd Sugar; put all together
into a Cask, and let it stand a month
or till fit for use, if its made of Oranges only
twelve dozen is the quantity

o. Make Blacking for Shoos or boots

3/4 pd Bees wax
pd best Soft soap or Sweet oyle
16 barrel of Lamps black
oz Gun powd. & D° Gum arabick beat & cears very fine
Dissolve the wax first, then add the Soap
and melt it down likewise, then put in
the black and Gun powder and let it
boyl till its tollerable Stiff but very Slowly
take it out o the pan and work it very well
pon a stone or bord till you roll it up for use
Observe to Soap ye hand and ye place where
its wrought to hinder its Sticking [redacted]

St Johnsworts Drops Mrs Lydia

Take white wine one quart of olive
4 pound of Turpintine 2 pound
the leaves flowers and seeds of St Johnsw
Each two large handfulls gently bru
put all together into a great Glass Jarr
& Expose it to the Sun ten days
then Boil them in the same Eprey'd
in a pot of hot water for ten hours
put hay in along the Jarr to keep
it fast Strain out the liq^r and renew
the like quantity of the Herb ingreedie
boil it as before and strain it again
and keep it for use

allheis cert for a Cold by Dr Mead
Oil of Sweet Almonds — 2 oz
Diacodion, Balsamick Syrup
and Aqua Mirabilis Each } 1 oz
Mix

To make Bramble berry wine 194

To every quart of berrys put a quart of water - squeeze the berrys and put pulp & Juice into ye water, let it stand all night. then run ye liquor through a bag or Cloth and to every six Gallons of liqr put 14 pound of Sugar at 6 off stir it well and put it in a cask without yest let it stand abt. 2: 3: or 4 months to purify ~~then~~ bottle it ~~what we made by this receit~~ ~~Nathaniel over Sweet~~

~~Take~~ A Receipt for the Cure of a bite by a mad dog, published by Doctr. Mead

Take One dram of Stoh ~~Cow~~ Coard Liverwort One dram of Common peper in a pint of Warm Milk, repeat this for nine or 12 Mornings Successively using a Cold bath at the Same time

For Rukmy Eys where they are attend with 201
a Flux of humours

Tincture of Hellabore three ounces
Tincture of Cantharadis One Ounce
Spirit of Lavender } Each half an Ounce
Tincter of Castor

Mix and give a Spoonfull in a glass of Water and take it twice a day — If the Superfluous humours can be wrought off by Operations by Stool This will probably Ease ye disorder by Urine

Mix ~~double quantity~~ as three ~~to Two~~ of Brimston to Allum Burnt, with Sallet oyl or any other softening thing, give flow^r of brimston inwardly for three or four Mornings before ye Rub. Two or three Rubbings Cures ye most inveterate scab. —

(ic) 3 oz brimston } — Mrs. Johnson
2 oz Allum }

An Excellent Eye Water. Mrs. Rodgers

Take 1 Ounce of Hepatick Aloes in powder, 2 white Sug Candy, Ditto Lapis Tutty, prepared, half an ounce of Camphor finely shred Steep the Tutty in Brestmilk and change it every 3 or 4 hours. Then wash off the Milk wth a little Rose water and put the ingredients into a Quart Sherry wine or Rhenish (I Suppose steeping the Tutty in best milk is to abate its strength

Page 7
02 To Make German Black ball for Shoes

Take 8 Ounces of bees wax cut it small and put it into a pan to melt Then put in 2 Ounces of rendered mutton suet and put it to the Wax and melt them together, Then take 6 Ounces of Ivory black powder it in a mortar and sift it through a hair sive and put it to the Wax & tallow and let them boyl gently together keep stirring all the while with a knife Then put in half an Ounce of Oyl tus pintine when they are thoroughly mixed, Take a little soft sope and watch and rub upon a smooth stone or bord, Then pour down of mixture and before its cold work it up with your hands into rolls first rubing your hands with a little sope to hinder its sticking ——

Liquid Blacking

To a pint of Small Beer put 1 & 2 oz of Ivory black 1 oz of Gum Arabick & 1 oz of Sumack

Currant & Rasp. Wine best way

Take forty six quarts of Currants & rasps when ripe bruise and squeeze them through a coarse sieve rinse with a little water to make the pulp & pips freelier — Add six quarts of Wr put it into an open tub with a tap put in three spoonfulls of good Yeast stirr well, & cover it up for 24 hours drough it off as clear as you can — or bruise it through a coarse hair sieve To ev Gall^n of juice put 3 pounds of Loaf lump Sug^r. Then turn it into a close cask wch let be full or thereabouts. put in a Oz. of Isinglass that has been dissolved in water, let it stand till spring and bottle it ——— you may put in Rasps to y^r liking as 6 8 or 10 qua of ye above quantity ———

~~To make Chocolate Cream~~

~~[illegible]~~

A Cure for ye bite of Madd Dog Published for ye benefit of mankind — In the News papers in 1741 by a Person of rate —

Take 2 quarts of strong ale or wine Red Sage and Rue of each an handfull and an half twelve cloves of Garlick bruised, — of Tin and pewter scraped two spoonfulls — of London treakle, or Venice treakle one ounce, — Boyl these close covered till half be consumed stir in the treacle when the rest is boyled — pour it into bottles, Cork it close, and it will keep a year, give three spoonfuls morning and Evening, and a pint is Sufficient for man or beast — Garlick Rue and Salt pounded together may be applyd to ye Wound

NB: This Medicine has stood a tryal of 50 years Experience and was never known to fail

See Folio 205

A Glister for the Stone

Take a knockell of vele or some other boni pese that 3 pintes of water will couer it, Some it well, then put in 3 ounces of rasens of the sonne ij stones pecked out, and a gud pece of marchmalo root, Scraped and ~~pecked~~ sliced in then peces, boyle thes in a pipeen, untill the mete will falle from the bones, then put in a littell whole mace and halfe a ij pon= full of annesedes well beten, and let them boyle a littell while, then crousch and bruse all to-gether and strane out the broth, take allmost a pint of it and make it something too salt to be eten and put in tow ounces of course suger and 8 pence, or 12 pence of oyell of violetes. Let this be your glester allthough you should be neue= so weke, if you nede it:

in sommer in the place of marshmallo rotes you may take a hanfull of malle leves, and violet leves.

A never failing Medicine for the bite of a mad dog taken out of the Gentlemans Magazine for Oct. 1746

Take the ~~[illegible]~~ pounded Ounces Garlick Venice treacle Mithridate and pewter vertigrise Each 4 ounces boyl all these over a slow fire in two qts of strongall till one pint be consumed pour it into a bottle close stopped and give nine poonfulls seven Mornings together to a man & six to a dog

96 To Boyl Yarn very white
as Shave soften bruf ——

First put ye^t a peck of Bran into
much water as ye think will cover
ye^t 30 score of fine yarn (let it steep
[illegible] 12 (or 36 Hours)
nights in the water after it is
raisn of ye^t bran through a course cloth) then
ry it — when quite dry prepare
oz of pot Ashes & 10 oz of Sweet sope
Every pound of yarn lay ye
ot Ashes into a qt or 2 of hott water
dissolve — Then take ye sope and
ise a lather with clear soft water
ch put into ye kettle, and when
s almost ready to boyl put in ye pot
hes & yarn wch let boyl an hour ~~[illegible]~~
~~[illegible]~~
hen ye take it out be sure to have stub
d cold water to drop it into or ye heat
will tender it & spoill it Carry it away

and Runge it well then make a lather of Soape and wash it through again alittle Rock allum put into y^d kettle when its boyling - helps to festen y^d G

A Receipe for a pattatoe pudding

Take a pound of pattatoes boy^d or rather roasted & peal. Then beat them well. Take 6 Eggs — beat them and strain them throught a hair Sive then put y^m to the potato and mix them well together, add One Nutmeg, Sug^r to y^r taste, Dish it up, a^b half an hour will bake it — The potatoes must be cold before y^o bee or they will lump — P.S. y^u may add a little Melted butter if y^u please —

208 for a tickling cough.

Take honey and liquorice root each 4 oz
Flowers of benjamin & opium each a dram
Camphire two scruples, Oyl of Annaseed
half a dram, Salt of Tartar one Ounce
Spt of wine rectified one quart ——
Digest the above in a covered Vessel for a
fortnight shaking it offten then decant
it for use — The doze for grown persons
from 20 to 100 drops for Children from
5 to 20 in white wine or Hysop water
'Tis a good pectoral and admirably allays the
tickling wch provokes freqt Coughing it opens
the brest and gives more liberty of breathing
It deterges and Cleanses yr small glands and mem-
-bran further discharges it thinnes & thins
the viscid Cohesions of the Vessels and fitts ym
for circulation & secretion ——

Mince pies — by Betty Hoppers Receit —

half a pound of Suet shred small One pound of Apples
full weight when pared & cored ~~4 pound~~ three qrs pound of Currants —
half a pound of Sugar a nutmeg quarter pound of Orange lemon & citron
slitter Cinnamon & ½ Gill of Gooseberry wine. ——

Rich Dunns Receipe for to cure the bites of a Mad d
Take an handfull of balm boil it slowly in five gills of wa
till a pint be wasted Then put in the under on enthony
powders. when it is blood warm; and to a beast or hor
put in about a spoonfull, and for a dog vunce or th
a knife point full, & the like quantity for a man, only
boil it in water and add the powders when cold and
them drink the quantity in two days and repeat it
for a fortnight or longer & bleed often bleed a horse on
in the neck and roff of y mouth and rub some salt o
the gum. —

Camphire, Fenugreek, Feronicack, Long pepper, Grai
Bayberrys Annaseeds. Cummingseeds. Liquorice powde
Best bole and ground Ash boulued Liverwort, Each
an Ounce, mix them all together and keep for use

To Pickle Walnuts See another recipe in this Book page 68 —

Gather your Walnuts when a pin will pass through them pretty easy put them into a deep pot & cover them over wth Ordinary Vinegar Boiling hot, change them into fresh every fourteen days till abt 3 weeks are over Then take 2 gallon of the best Vinegar put therein 1 oz of Dill, Caraway, & Coriander Seed of Each; groply bruised, Mace 1 ounce, Nutmegs 1 & 1/2 ounce, Give it a boil over the fire and pour upon your Walnuts Do so for several times as you shall Deem fit cover the top wth White mustard seed & a little salt Mind to keep them over head in the pickle

Major Davison Recipe for the Gundie

Take Tansey, Dandelion, Ground Ivy & Hellandine Such an Handfull beat them in a wooden bowl or Mortar and strain out the juice put to it a quart of Ale and as much of the inner rind of Barberry bark as you can take up twixt ye two fingers & thumb. Infuse the ingredients in the ale for 3 or 4 days then drink a pint morning & night

The Marquiss of Granby's Receipt for Brewing Smale beer

One Bushell of malt One peck of Wheat One peck of Oats, the Oats shoue be dryed so as to grind with the malt Wheat, Brew them as you do other liquor, with One pound of Hopps tap it at about three weeks or a month old, and if fine bottle it, this will make half a hogshead

To Refine Cyder

put two ounces of Burnt Allum to an hogshead

Orange ales

after ye ales is Turned into the Casks putt to Every Anchor (and so in proportion) Two dozen Oranges cut into quarters, and put into the Cask just as they are cut

A Cure for the Stone in the Bladder

Take Every day in any form that is most agreeable to the patient One ounce of Castile Soap the internal part of it, wch is usually of a blue colour, marbled with white, And drink three — English pints or more of Oyster or Cockle shell Lime water, The Soap may be divided into three ~~pills~~ doses, the largest to be taken in the morning fasting. The 2 at Eleven O'Clock, and the 3 at 5 in the afternoon, — drinking after each dose, a large draught of the Lime water, and may at any time drink the Lime water after Dinr, or Supper, instead of other Liquor, The taste of the Lime water may be blunted by adding a little milk to it, and may be quite destroyd by washing ones mouth with little Vinegar & Water, which however must be immediately spitt out again, but if the patient can't take the Soap in this form, let him dissolve an ounce in three Gills of Lime water made warm, and take this at three different times, drinking the rest of the lime Water by it self, The soap is not only proper to be joyned wth the Shell Lime water, as it is ~~[illegible]~~ indowed with a great power in dissolving the stone, but as it prevents costiveness; that might otherwise be occasioned by the lime water,

But if any person afflict have an invincible Aversion to Soap in any shape, The Drs Experiments give us reason

to think that Oyster & Cockle shell Limewater, drunk alone in large quantities, will have greater Effect in dissolving the Calculus, So if in the place of all Mrs. Stephens medicines, w^d to many delicate people can be of little use, We may Substitute this Limewater wth Equall may probably with greater ~~[illegible]~~ Success.

Abstain from all Acid & fermented Liquors as Vinegar, Wine, ale, Beer, Cyder, &c, For his drink let the patient take Water & milk, or a pt^an made ~~[illegible]~~ wth parsley root, of Marshmallows, & Liquorice, But if he cant confine himself from onose generous liq^rs he may be allowed now & then a little or all punch ~~[illegible]~~ Sourking, It will also be prop^r to be Sparing in the use of Salt meats, and Honey, and to abstain from all fruits that have any Acidity or sharpness. While on the other hand milk, Sug^r, and Animall food, Peas, Artichokes, asparagus, parsley, Turnips, Carrots, potatoes, Radishes Greenpeas but particularly Onions, Leeks, & Cellery may be freely used. As the Cure depends upon the Urine being strongly impregnated with the Vertues of the Limewater the patient ought to drink no more of any other Liquor then is absolutely necessary to Quench thirst.

Farn Door

Jt

It may be observed by the Bye, that such as have no stone in the Bladder but are subject to to fresh fits of the gravell in the Kidneys, might very probably prevent these by drinking every morning two or three hours before Breakfast, a pint of Oyster shell Lime water, which though too small a quantity to dissolve a stone, yet might possibly hinder any new concretions, ——— If the Lime Water should occasion Costiveness it will be proper now and then, to take a gentle purge of Aloes, Rhubarb, Senna or Manna. ——— The Oyster or Cockle shells for making y water must lye long exposed to the weather before calcination, and when calcined, be perfectly white, and — used fresh from y fire, twice or at most eight pounds of of boiling water, is to be poured upon one pound of y shells; wch roylling water gives a sweeter and softer taste then cold, tho the dissolving power of both is the same, but whether hot, or cold, it should be allowed to stand 4 or 5 hours on the lime, then decant it of, and filter it thro a Cap paper, — this water will keep for any time without alteration, if closely stopt up in bottles, but looses some of its qualities by boyling, and the surest Test of its goodness, is, its changing Syrup of Violets to a green Colour ———

To Make Poppy Surfeit Water

To two gallons of Brandy put a peck of the leaves of poppies one ounce of Sweet Sandal half an ounce of Carraway Ditto Corriander seeds two ounces of Liquorice sliced half pound of good Raisons of the Sun stoned half a pound of choice Figgs sliced half an ounce of Mace Do nuttmegs Do Saffron bruise the Nutts & pull to pieces the Saffron. Then mix all these amongst the poppys & brandy & let it stand a month or six weeks stirring it every day then run it through a fourt Linnen bag - This I had from Mrs Pearson as a Super Excellent Remedy agt the Colick pains but I shall add a quarter of a pound of the Flowers of St Johns wort to ye Compos.

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A Recipe for the Cholick. sent me by J. P.

Scrape fine chalk and power a pint of soft water upon Two spoonfulls of it, and pass it through a sive two or three times to take off the grit sweeten to y^r taste and drink it when you are attack^d.

You must shir it about or the chalk will settle The water may either be Hot or Cold when y^u put it to the chalk it is a certain Remedy where the disorder proceeds from Acidity in the Stomach or guts. ——— I have try^d it with great Success ——— signed J Paxton

A Recipe for making Mead

To Two stone of Honey put thirteen Gallons of warm water stir it till the Honey is desolved Boy in it a bunch of Sweet marjoram, Balm, Rosemary & Sweet Briar, and put in Ginger & Cinnemon Each a quarter of an Ounce, half an Ounce of Cloves; two Nutmegs Corriander Seeds & Caraway seed Each an Ounce Bruise the spices Seeds and tye them up in a thin Bagg with a stone to sink it Let it Boy an hour takeing of the Skim clean off as it riseth. And when taken of the fire put in the peals of Six Lemons and squeese in their juice Work it with yest And when you Tunn it leave out the Herbs & spices put into the Cask when you judge its done working half an Ounce of Winegar desolv in a little of the Liquor Bottle it at 14 days Lord

Mrs Huxleys famous Glister for Worms.

Take Rue Flavendar & Lobos Each three Sprigs — Annis seeds & Wormseeds Each one Spoonfull Annis & boyl them in a pint of Milk till — a third is Consumed then Strain it and Add as much Aloes finely powd as will lye on a Sixpence & a little Treakle administer it warm three or four morning Successively

Andersons Pills —

Take Juniper Berries, Senna, Burdock seeds, Corriander Seeds, Parsley seeds, Carr Seeds, sweet Fennel seeds, Liquorice Root, Gentian Spanish Angelica root, Annis seeds Each one drachm Cardus three tops, Boyl the above in half a pint of soft Water to a quarter of a pint then strain the liquor and Add — Barbadoes Aloes a quarter of a pound Christal Mineral a quarter of an Ounce and Saffron one dram — Boil altogether very gently to the consistence of pills

To Pickle Lillo or Indian Pickle

Take of Ginger 1 lb let it lye in Salt and Water all
night Scrape it and cut it into thin Slices, put
it into a pot with dry Salt so let it remain till
Rest of the ingredients be Ready — Then take Garlic
1 lb peal off the Skin & Salt it three days then wash
it in Water and salt it again & let it stand
three days longer wash again and put it into
a Sieve to drain and dry it in the Sun —
Take Cabbage cut them in quarters salt them and
dry them in the Sun so do Collifloweer & Sellery
Radd ishes may be done the same way. only
Scrape them and leave on the tender tops, the
Water must be squeezed out of the Cabbage —
French beans and Asparagus must be salted
two days only. after wd they must have a boyler
Salt and Water and then be drained in y Sun
Take long pepper Salt it and dry it and white
Mustard seeds bruised Turmerick very fine put
these ingredients into an Earthen Jar and put
it a gallon of Vinegar fill the Jar 3 pts full and
to it let you lee Infusion for a fortnight after this
method you may order Cucumbers, Samphire, Musk
plumbs or any other thing you thinke to have pickled
NB you are not to boy any of these Save French beans
Asparagus or Salt things as must of Course be boyd or Scalded

Lady Hodgsons Eye Water 220

ounce of Aloes Succotrine 2 oz of Balsam of Tolu
½ oz of Storax 1 oz of White Sugr candy in powdr
1 oz of Tutty prepared
½ oz of Camphor shred very fine
Steep the lapis Tutty in Brestmilk for 9 hours
changeing it every 3 hours then wash of the Milk
with Rose or Fennell water then put the prepared
into a quart of Sherry Sack or strong white Wine
shake the Bottle 3 or 4 times a day for 10 days.

Mr Halls Mixture for a sprain or Bruise
Take two Ounces of Salt Petre or Nitre put it into
a pint of best Wine Vinegr add 2 spoonfulls of
Spirit of Turpintine & 2 spoonfulls of Spt. of Wine
shake the Bottle when you use it If it can be apply
before any Swelling rise on the part it will do better

Two Specifics for the Stone & Gravel from Mr Blackburnes Treatise on those Disorders just published taken out of the Lon magazine for April 1766

Take 8 Ounces of Pot Ash and 4 Ounces of quick lime from milk mix and put them together into a glazed Earthen Pot then pour upon them a quart of boiling Soft Spring Water let the infusion remain twenty four hours stirring it o and then and afterwards filtrate it for use —

Dr Chittichs Secret for the cure of the Stone & Gravel —

Take One Teaspoonfull of the strongest Soap lye mixed in two table spoonfulls of sweet Milk an hour before breakfast and at going to bed; Before you take the Medicine take a cup of of pure Milk, and immediately after you have swallowed the Medicine take an other — If you find this agrees with You for two or three days, You may add [redacted] half as much more to the dose [redacted]

The Author adds that the genuine Receipe was sent him by Genl Dunbar wch is the Medicine made use of by Dr Chittich who pretended to be the only Person who had the Secret —

Take One Teaspoonfull of the strongest Soap lye mix in two table spoonfulls of sweet Milk an hour before breakfast and at going to bed before you take the Medicine take a Sup of pure Milk and immediately after take an if you find this agrees wth You for two or three days m add half as much more to the dose having now concluded our Author bro't the Valuable secret to light and put it o the hands of the low as well as the great that Medicine wch I believe to be of the greatest Efficacy against the most painfull of all Diseases I have the satisfaction of contributing something to human happyness

For a Bruise

Let Bran well with Stale Urine to which add a little Spt of Hartshorn or crude Sal Armoniak in powder apply it by way of Poultice

Another

Dissolve some Sal Armoniac in a little urine & while it is hot dip a rag in it warmed and apply it to the place renewing it as need be

(remarks) of all the Salts there are none more agreeable to the body and more penetrating than Sal Armoniac it resolves extravasated blood in an Admirable manr

To Stop Vomiting

Swallow a tea spoonfull of Quincy's bitter Stomach Tinct sweetened wth Syrup of Oranges or Quinces it is remarkable that bitters sweetened are of great efficacy in stopping Vomiting when many other things have been try'd in vain Another for the same squeze the juice of a Lemon into a large Cup and mix wth it just as much Salt of Tartar as will render it insipid take a spoonfull and repeat till the Vomiting ceases if during Pallition so much the better this safe Mixture diluted wth simple Cinnamon Water or fountain and taken every three hours is good for Fevers .....

To quench Thirst where drink is improper

pour Vinegar into the palm of the hand and snuff it up the Nostrils and wash the Mouth with the same this is incredible how much it will allay Thirst

For the Hiccough

Drop a single drop of Oil of Cinnamon on a lump of double refined Sugar let it dissolve in the Mouth leisurely then swallow it This is a most pleasant and agreeable Stomach medicine which seldom fails

For Coughs & Consumptions

Drink freely of Colts foot Tea sweetened wth Honey Warm it is an excellent pectoral and as specific for all disorders of the Lungs (Shred an handfull to a quart of boyling Water as Camomile is for intermittents Wild Carrot for the Stone and Tansey for the Gout they are all excellent in their kind

For Agues and Female Obstructions

pour a quart of Water on a pound or two of filings of Iron stir it about often pour of what swims and drink a gill of a pint daily add more Water as you need —

Remarks This is a preparation of Lemerys and better by far than any one from Chymical proofs this is the best powder Steel in being

To preserve Peaches in Brandy

To every twelve Peaches 3 quarters of a pd of double
refined Sugr and a gill of Spring water first
boyling the Sugr untill it is clear then take it
off the Fire and let stand till allmost cold —
The Peaches must be ripe enough for eating
and must be rubed with a clean linner cloath and
pricked full of holes with a needle when the Sugr
is almost cold put in the Peaches and set them
on a Slow Fire and let them simmer a little —
and with a bunch of Feathers keep the Peaches
under the Sugr as much as possible, then take
them out and put them into Jarrs and pour the
Syrup over them and lett them stand all Night
then take them out and give them a boyl untill
they are tender then put them into the Jarrs —
and pour a little Brandy over them to harden them —
then boil the Syrup a little skim it and let it stand
till cold and then put to every pint of Syrup half
a pint of Brandy then put it upon your Peaches
and cover them close with bladders and keep them
in a cool place

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To Boyl Yarn very white ~~for 15 or 20~~ score

First boyl ye Yarn in ye Common way with good Ashes wash well and dry it, Then take half pound of pot ashes, half pd Sweet sope, 2 oz Rock allum, 1 oz Spanish white, ½ oz stone blew Mix all together and boyl your yarn therein till it become white Lock it will be in about an hours time

When you take it out of ye pot or Kettle, have a tub of Cold water to put it into iff instantly lest ye heat tender it ~~which infallibly~~ decay where its carry away. to be ringed before it be cold ~~as it will~~

To Dye a Pale Dun or Hair Colour

Sequent mount in the

~~Dun a Light Tan in the~~

Sequent mount in the Dyes

Dun Light Tan in the Dyes

Sequent mount in the Dyes

Dun a Light Tan in the

To Dye a Pale Dun or Hair Colour

To Dye a pound of yarn put 2 oz of Pot Ashes 8 oz of Sope wet is sufficient to boy it without the common Ashes

Some allum & blew, this is the best receipt

See page 206

-- lost

6 showsares
8 towelles
4 fine hollin crosstoethand 1 senger crosstoth
1 breth of skoth cloth for a rofe edged
1 breth of lavene edged
ii nett coues
iiii xx handkerchares
ii nowe fallenge bandes of kambreke
ii pare of coufes nowe

for the Emeroides.

First take a ton of an ox of the gaules, beaten to small powder, and
strewe them upon a clout, one of the oyle of linseed, one of the
boyle of lyme, 3 or 4 swallows with shells on their backs, breaking
and pouring the shells of 3 upon beate them to gether, with one hand
full of the dawe Mope, 3 a good kind of mutton 3 rare fry it
and then beate them to gether, 3 warme them over the fyre Blood
warme, 3 stir them least they boile, and put it upon a
beate or linnen. Ebat 3 Jb: for the emiroides:

Take one pottle of the first wount and pottle of white wyne
a handfull of mugwart a handfull of Ysope ½ a handfull
rosmarie a handfull of tormander a handfull of a pomer of
vinegar put in the same and take ½ stones fourth of them, a spoonfull
of amoniacke 3 brunse them, a spoonfull of rullyander, and
brunse them also, a little mother thyme. And boyle all the ingre
together until they be boyled onto a qt 3 every
mornings and night take two or foure or halfe a dozen
spoonefull and warme it 3 drinke it 3 walke after it yf
you thinke this will not serve the time, yf it please you,
you may bestowe as mithe more I dont not but this will
serve for it hath holpen some ½ hath had it this xij yeres.

A poulder for the Eyes to be taken in drincke or pottage.

Take ij nutmegs. ij pomwoorth of sinamon. one penniworth of
Cloves, in ginger of mace, an onze of the blessed thistill being
dryed 3 made into poulder, at mete weight ginger being
fynely beat at the weight of them all, then at at mete
poulder of Eyebright at all the rest to ways 3 mingle all
together. Rose water, at all times when you will att yor
pleasure, in pottage drinke or in yor sallet. Ant especially
first in the mornings att noone 3 last at nighte.

A preguative against the plague.

Take Carde of Dutne, Rue, Elder, Wadot, Vard bramble bandt, 3
dayes a handfull stampe them in a morter altogether, 3 strayne
them through a fyne linnen cloathe. A quart of white wyne, 3 a
good quantitye of white wyne vinegar, mingle them altogether,
put them to a qter of an ounce of white ginger drinke this morning
one spoonefull every mornings for nyne dayes together fasting
And you shalbe safe for one hole yeare by the grace of god.

And yf it fortune one be stricken with ye plague or
drownder of ye same maddyness, then take ye a pwsledo, with a spon
full of strawberry water, & a spoonfull of water of Bettony, and a
quantity of fyne wearb, put them to yether, & ranse them
drinke it, & it shall put out ye venome And yf ye be troyd a
wyd sore, then take ye leaves of Elder, & ye leaves of bramble
and mosterbodes, stamp them to ye ther, & make a plaster therof,
and lay it to ye sore, & it will drive out ye venome godwillinge.

for an swellinge

take a quart of ale or milk a pint dry full of lynsed, &
dry ye lynsed & then beat it in a morter to powder, then
take 4 handfull of mallows, & wyre them small, and ab
water of bretony buddes, & wash them after ye same wound.
And salve a pound of yarb a bram grease & beat them
all to yether, & when ye are wer sodden, put into them
ij handfull of barly meal, & stir them all well to
yether. And when ye are wele boyled, lay it upon a
lin cloth plaster wise And rub all ye grief therwith
And wy ye grace of god you shall find help & ease
help full friend.

Angelica & Burnitt, each a handfull,
stamp & strane ye Juce into possitt-drynke
with ye powder of 2 or 3 cloves, & a little
Nottmuge; drink it 2 or 3 days,

Of saxifrage roote and earbe ij handfull, of Philippendula like quantetie of grummell seed j ounce, of ye kirnels of cherie stones ji ounces, of aniesedes half an ounce, of leveres like quantety, all thes dride and beaten to pouder finelie searsed and taking so much as often as nedes as you can take upp with a franche crune and put into a reasonable draught of parcely water distilled luke warme and drinkin it fasting ij oures at ye least and wailkinge after the taking therof.

A note of Mrs Barbura Lees Lessons on the Virginalle which she hath learned and can play them

i kajson			
forkies	Pauane		Mr Leveman
xvi	Why ask yee		Docter Bull
	The Lo: Willoughbies	Welcom home	Mr Bird
dowkes	My trew Louc is to y grene wood gon		Mr Ferdinand
xviii	Loth to depart		Mr Ferdinand
	Pauan delight		Mr Bird.
heres iiii	The Marigold	galiard	Mr Bird.
cokes	Fortune		Mr Bird
ii	The Cradle	Pauane	Mr Holborne
chekins	The first		
x	The second	Courrantes	Mr Bird.
	The third		
giese			
Jowes ii brawes			

Ore
Inclita facundo concordat gratia vultu

Mr. Bird

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Page

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